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Spring 2025

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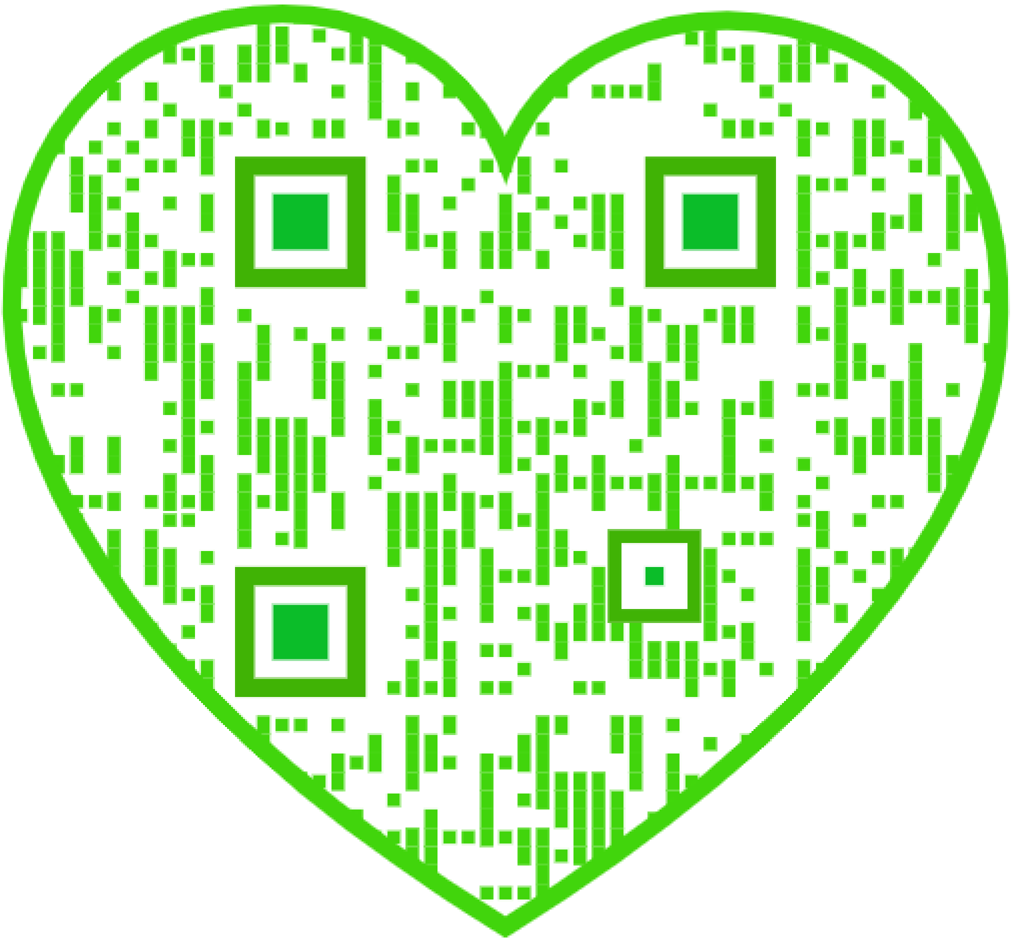
SPRING INTO FLAVOR

LEMON-BLUEBERRY BLONDIE BARS *p. 26*

Make-Ahead Salads

Mother's Day & Easter Ideas

Ranch Potatoes, 3 Ways



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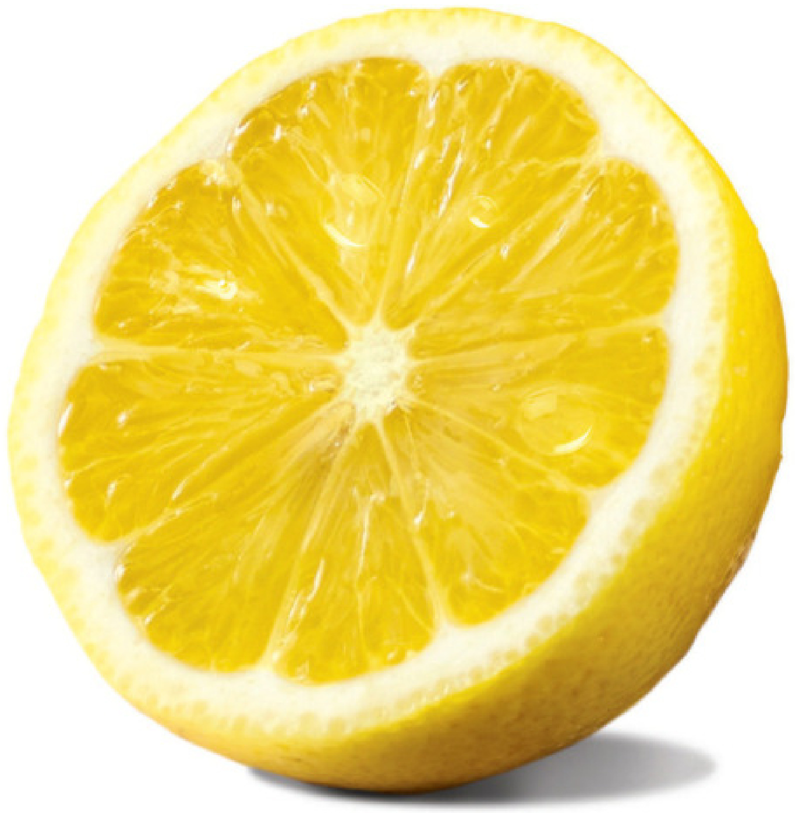

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Lemon Chicken Piccata

by Tara Teaspoon Inc.

PREP TIME: 15 MIN
TOTAL TIME: 30 MIN
MAKES: 4

INGREDIENTS

- 1 lb. linguine
- 2 boneless, skinless chicken breasts, butterflied, or 4 chicken breast cutlets
- ¼ cup all-purpose flour, plus 1½ tablespoons, divided
- 3 tablespoons **Wonderful Seedless Lemon** zest, divided
- 2 tablespoons olive oil
- 6 tablespoons unsalted butter, divided
- 1½ cups chicken broth
- ½ cup **Wonderful Seedless Lemon** juice
- 3 tablespoons capers, drained
- ½ cup heavy cream
- Chopped parsley, for garnish
- **Wonderful Seedless Lemon** wedges, for garnish
- Kosher salt and ground black pepper to taste

1. Cook the linguine in salted water according to the package directions. Season the chicken breasts on both sides with salt and pepper. Place ¼ cup flour in a medium bowl and add 1 tablespoon lemon zest and a pinch of salt and pepper. Heat a large sauté pan over medium-high heat with olive oil and 2 tablespoons of butter.

2. Cover the chicken in the flour mixture, shaking off any excess. In a sauté pan, cook the chicken on both sides until golden brown, about 3 minutes per side.

3. Transfer the chicken to a plate and reduce the heat to medium-low. In the sauté pan, add another 4 tablespoons of butter and sprinkle in 1½ tablespoons of flour. Whisk in the chicken broth, 1 tablespoon lemon zest, ½ cup lemon juice, and the capers. Continue whisking and allow the sauce to come to a simmer and thicken, about 3 to 4 minutes. Once thickened, stir in the heavy cream.

4. Toss the linguine in half of the sauce and save the remaining sauce. Divide the pasta onto four plates and serve the chicken on top. Ladle with the reserved sauce and garnish with lemon zest, parsley, and lemon wedges.

Lemon Ricotta Pancakes

PREP 5 HR **TOTAL** 15 HRS
SERVES 6

- 1½ cups all-purpose flour
- 3 teaspoon granulated sugar
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 3 large eggs
- 1 cup milk
- 1 cup ricotta, divided
- Zest of 1 **Wonderful Seedless Lemon**, plus more for garnish
- Juice of 1 **Wonderful Seedless Lemon**
- Maple syrup, for serving (optional)

1. In a medium bowl, whisk together the flour, sugar, baking powder, baking soda, and salt. In another medium bowl, whisk together the eggs, milk, ¾ cup ricotta, lemon zest, and lemon juice. Combine the wet ingredients with the dry ingredients. **2.** Spray a skillet with cooking spray and place it over medium-high heat. Add about ½ cup of the batter onto the warm skillet. Once it forms small bubbles, flip it and cook until golden brown. Repeat this process for the remaining batter. **3.** To serve, top the pancakes with a dollop of the remaining ricotta and lemon zest. Serve with maple syrup if desired.

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SPRING 2025

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WHEN
THE CLOCK
STRIKES
DINNER,
THINK
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ON THE COVER

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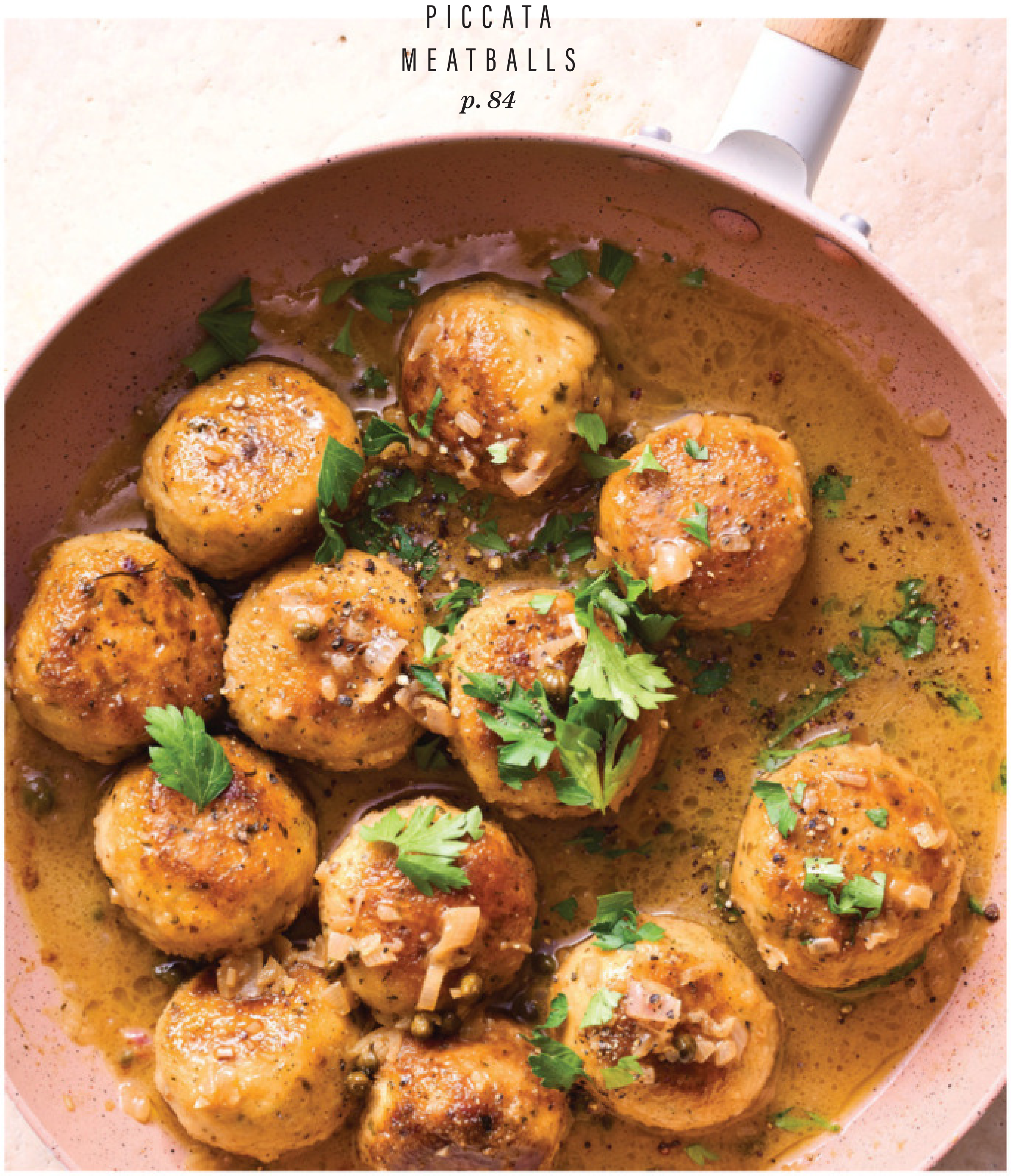

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WHAT'S COOKING

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APPLE NEWS
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FRESH STARTS AND NEW GROWTH ARE hallmarks of the spring season, and at *Allrecipes* magazine we're embracing the sentiment with a refreshed, simplified design. The recipes in this issue follow suit: straightforward, easy, and updated.

And while the pages of this magazine may look a little different from when I first joined *Allrecipes* in 2017, the same great content remains: home cook-approved recipes and the tips and tricks to keep cooking laid-back, fun—and, of course, delicious!

In this issue, streamline busy weeknights with make-ahead salads that max out flavor (page 38) or spring-clean your pantry with quick-fix recipes (page 58).

Springtime brings celebrations, too. Find recipes perfect for Easter on page 88. Or gather the gang for a fiesta-style brunch (page 9).

Mother's Day inspired us to create a new generation of sauces—updated takes on the classic French mother sauces with easy ingredient swaps and additions. The Soy-Miso Espagnole is my personal favorite (page 46).

If you have feedback for me about the magazine, don't hesitate to reach out. Send a note to spoon@dotdashmdp.com.

- CAITLYN DIIMIG, RD
SENIOR FOOD EDITOR

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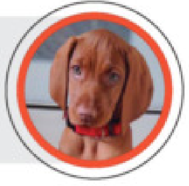

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GET-TOGETHERS, NOVELTIES, AND THE LATEST FUN WITH FOOD

↓

all in

MIGAS CON CHORIZO
p. 12

GET TOGETHER: FIESTA MORNING-STYLE *p. 10* **JUST CURIOUS** *p. 16*
TOP IT OFF: DEVILISHLY DELICIOUS *p. 18* **FOOD RX: 'SHROOM STRENGTH** *p. 20*

SERVE IT

Keep café de olla warm on the stove or in a slow cooker, or transfer to a thermal pitcher. Have milk or creamer, cinnamon sticks, and favorite spirits at the ready as optional add-ins for guests.

CAFÉ DE OLLA *p. 14*

FIESTA

MORNING-STYLE

Gather the crew for an a.m. party inspired by Mexican favorites. A spread of chorizo-studded migas, black beans, fresh fruit bowls, spiced coffee, and sweet arroz con leche (rice with milk) requires little lift and covers all the brunch bases.

BY **NATALIE MECHEM** PHOTOS **KELSEY HANSEN**
FOOD STYLING **KELSEY MOYLAN** PROP STYLING **JOSEPH WANEK**

BIONICOS

HANDS-ON 30 MIN **TOTAL** 30 MIN
SERVES 6 **SUBMITTED BY** YOLY

★★★★½ 3 REVIEWS

Bionicos are a street-food treat from Guadalajara, Mexico. We used cantaloupe, papaya, apple, banana, and strawberries, but you can substitute any fruit you have on hand.

½	**cup plain low-fat yogurt**
½	**cup sweetened condensed milk**
½	**cup Mexican crema**
2	**tsp. vanilla extract**
1½	**cups chopped cantaloupe**
1½	**cups chopped peeled papaya (7 oz.)**
1½	**cups chopped red apple (1 large apple)**
1½	**cups sliced banana (3 medium bananas)**
1½	**cups sliced strawberries (about 8 oz.)**
¾	**cup granola**
¾	**cup raisins**
¾	**cup shredded coconut**

1. For topping, stir together yogurt, condensed milk, crema, and vanilla in a medium bowl.

2. Divide cantaloupe, papaya, apple, banana, and strawberries among 6 small bowls. Sprinkle granola, raisins, and coconut over fruit. Drizzle with topping.

HIDDEN GEM **QUICK** **VEGETARIAN**

PER 1⅓ CUPS: 415 CAL; 15G FAT (8G SAT); 8G PRO; 66G CARB (5G FIBER, 46G SUGARS); 173MG SODIUM

MAKE AHEAD

Prep the yogurt topping and diced fruit the night before and chill in separate airtight containers. Dice the apple and banana just before serving to prevent browning.

"I USE SOUR CREAM AND VANILLA YOGURT. THIS RECIPE IS SO FORGIVING, YOU CAN MAKE CHANGES TO FIT YOUR PERSONAL TASTE."

– SHANNONB

MIGAS CON CHORIZO

HANDS-ON 15 MIN
TOTAL 35 MIN **SERVES** 6
SUBMITTED BY CHELCYOW

★★★★⯪ 3 REVIEWS

Migas (Spanish for "crumbs") is an egg dish typically made with leftover tortillas. You can also use broken tortilla chips, as we do here.

9 oz. Mexican chorizo sausage, casings removed (see "Editor's Tip," opposite)
2 Tbsp. vegetable oil
1 medium onion, chopped (1 cup)
1 medium green bell pepper, chopped (1 cup)
2 medium tomatoes, diced (2 cups)
2 cups coarsely broken tortilla chips (4 oz.)
10 eggs, lightly beaten
½ tsp. black pepper
Desired toppers (see "Top It Off," opposite)
Lime wedges, for serving

1. Cook chorizo in a very large skillet over medium heat until browned, about 5 minutes. Transfer to a paper towel-lined plate; pour off grease.
2. Heat vegetable oil in same skillet over medium heat. Cook onion and bell pepper, stirring occasionally, until tender, about 6 minutes. Stir in cooked chorizo, tomatoes, and chips. Cook until tomatoes and chips are softened, about 3 minutes.
3. Pour in eggs. Cook, stirring frequently, until eggs are cooked through, about 4 minutes. Remove from heat. Sprinkle with black pepper. Serve migas with desired toppers and lime wedges.

HIDDEN GEM

PER 1 CUP UNTOPPED MIGAS: 456 CAL; 34G FAT (8G SAT); 19G PRO; 19G CARB (3G FIBER, 4G SUGARS); 360MG SODIUM

FRIED TORTILLAS

Replace tortilla chips in Step 2 with 5 corn tortillas cut into 1-inch strips. Before adding the peppers and onions, fry tortillas in oil until golden brown, 3 to 4 minutes. If needed, add more oil to cook peppers and onions.

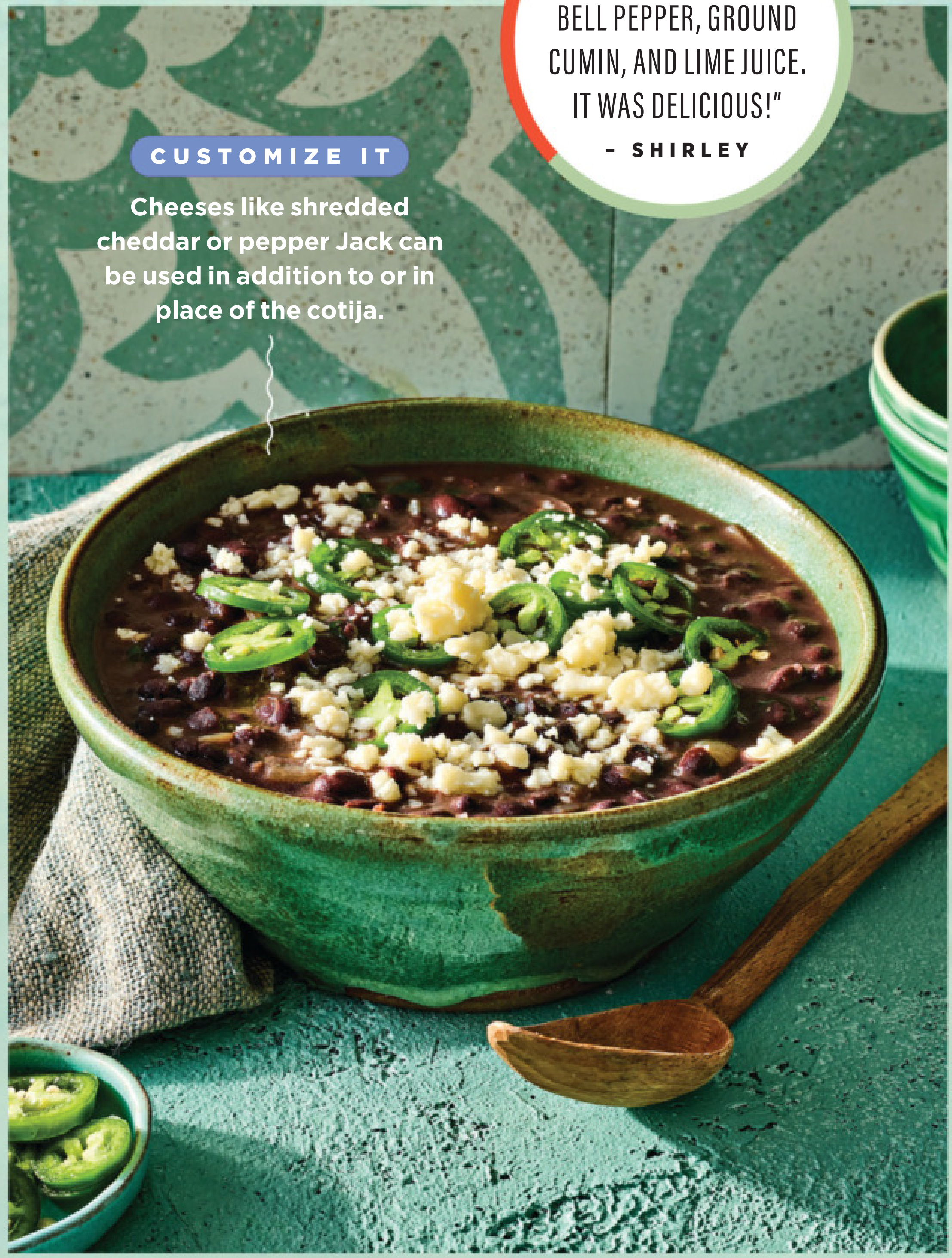
TOP IT OFF

Serve desired toppers—cotija cheese, cilantro, avocado or jalapeño slices, Mexican crema, pico de gallo, pickled red onion—in small dishes so guests can top their migas as they please. If you like, serve with warmed corn tortillas for a build-your-own taco bar.

> “VERY GOOD! NEXT TIME, INSTEAD OF GREEN BELL PEPPER, I WILL USE A SERRANO CHILE PEPPER.”
>
> – YOLY

EDITOR'S TIP

Mexican chorizo is seasoned ground raw pork. It is different from Spanish chorizo, which is cured, smoked pork seasoned with paprika. Find Mexican chorizo in the refrigerated meat section of larger supermarkets.



CUSTOMIZE IT

Cheeses like shredded cheddar or pepper Jack can be used in addition to or in place of the cotija.

> "I ADDED CHOPPED RED BELL PEPPER, GROUND CUMIN, AND LIME JUICE. IT WAS DELICIOUS!"
>
> – SHIRLEY

BEST BLACK BEANS

HANDS-ON 10 MIN **TOTAL** 20 MIN
SERVES 6 **SUBMITTED BY** CAMERON

★★★★⯪ 571 REVIEWS

Cayenne brings a touch of heat to this hands-off dish that's a staple for any time of day.

1	**Tbsp. vegetable oil**
1	**medium onion, chopped (1 cup)**
2	**cloves garlic, minced**
¼	**tsp. salt**
¼	**tsp. cayenne pepper**
2	**(15-oz.) cans black beans, undrained**
2	**Tbsp. chopped fresh cilantro**
2	**Tbsp. fresh lime juice (optional)**
	Crumbled cotija cheese and/or jalapeño slices, for serving

1. Heat oil in a medium saucepan over medium heat. Add onion and garlic. Cook, stirring occasionally, until tender, about 6 minutes.

2. Stir in salt and cayenne. Add beans and cilantro. Bring to a boil. Reduce heat to medium-low and simmer, uncovered, about 5 minutes. Stir in lime juice (if using). Transfer to a serving bowl. Serve with cotija and/or jalapeño slices.

QUICK ***VEGETARIAN*** ***GLUTEN-FREE***

PER ½ CUP: 161 CAL; 4G FAT (1G SAT); 9G PRO; 27G CARB (7G FIBER, 2G SUGARS); 688MG SODIUM

CAFÉ DE OLLA

(pictured on p. 10)

HANDS-ON 10 MIN **TOTAL** 25 MIN **SERVES** 6 **SUBMITTED BY** YOLY
NEW RECIPE GO ONLINE TO RATE & REVIEW

Café de olla ("coffee from a pot") is spiced with cinnamon and sweetened with piloncillo, which is similar to brown sugar but with more complex flavor notes.

8	**cups water**
⅔	**cup grated piloncillo (2 oz.), or to taste (tip, right)**
2	**(3-inch) canela sticks (Ceylon cinnamon sticks) (see "Nice Spice," right)**
½	**cup ground coffee**

1. Stir together water, piloncillo, and canela sticks in a 2½- to 3-qt. saucepan. Bring to a boil. Reduce heat to low and simmer 8 minutes.

2. Remove saucepan from heat. Stir in coffee. Let steep, covered, 5 minutes. Pour through a fine-mesh sieve; discard solids. Repeat as needed to remove all coffee grounds.

QUICK ***GLUTEN-FREE***

PER 1 CUP: 110 CAL; 0G FAT; 0G PRO; 29G CARB (0G FIBER, 29G SUGARS); 42MG SODIUM

PILONCILLO

This unrefined pure cane sugar is molded into a cone shape and can be found at Hispanic markets. Grate the cone on the fine side of a box grater or use a chef's knife to shave it.

MAKE IT A COCKTAIL

If you like, add 1 oz. coffee liqueur (such as Kahlúa), Irish cream liqueur (such as Baileys), rum, or whiskey to each serving.

NICE SPICE Ceylon cinnamon is also known as true cinnamon, Mexican cinnamon, or canela in Mexico. This cinnamon variety is softer and milder than Korintje—the Indonesian-sourced cinnamon sticks most commonly used in American cooking. In a pinch, Korintje can be used in place of canela.

EXTRA, EXTRA

Put pepitas, raisins, currants, almonds, walnuts, and pecans in separate small dishes for guests to finish off their desserts.

ARROZ CON LECHE

HANDS-ON 10 MIN **TOTAL** 1 HR, 10 MIN
SERVES 10 **SUBMITTED BY** ROROZCO

★★★★½ 25 REVIEWS

This sweet, creamy rice dessert is seasoned with aromatic cinnamon and often made with condensed milk. This recipe uses a mix of whole and evaporated milk.

- **4 cups water**
- **1 (3-inch) canela stick (Ceylon cinnamon stick) (see "Nice Spice," opposite)**
- **2¼ cups white rice**
- **4 cups whole milk**
- **3 (12-oz.) cans evaporated milk**
- **1¼ cups sugar**
- **Ground cinnamon and/or nutmeg, for garnish**

1. Combine water and canela stick in a 7-qt. saucepan; bring to a boil over high heat. Cook until cinnamon releases its color and aroma, about 5 minutes. Stir in rice; reduce heat to low. Cook, covered, until rice is tender and water is absorbed, about 20 minutes. Remove and discard cinnamon stick.

2. Gradually stir in whole milk and evaporated milk. Stir in sugar until dissolved. Cook over medium heat, uncovered, stirring occasionally to prevent sticking, until mixture has thickened, 35 to 40 minutes. Serve warm or chilled. Garnish with ground cinnamon and/or nutmeg.

GLUTEN-FREE

PER 1 CUP: 446 CAL; 11G FAT (7G SAT); 13G PRO; 73G CARB (1G FIBER, 40G SUGARS); 152MG SODIUM

> "THIS RECIPE REMINDS ME OF MY MOM'S. I SKIP THE SUGAR AND REPLACE THE EVAPORATED MILK WITH SWEETENED CONDENSED MILK."
>
> – DENISE

JUST CURIOUS

Foodie facts, delicious dates, and other miscellanea good cooks are thinking about this season.

BY VICTORIA SOLIZ

STORAGE SMARTS

Say goodbye to wilted herbs. To keep them fresh, treat them as you would a bouquet of flowers. First, rinse the herbs in cool water to remove any soil. Then strip and discard any yellowing leaves and stems. Blot the herbs dry with paper towels, then gather them into a bunch and trim a bit of the stem ends. Grab a jar and fill with enough water to cover the bottom of the stems without touching leaves. Finally, cover the herbs loosely with a plastic bag and chill. The bag keeps the leaves humid while allowing airflow.

DID YOU KNOW?

Asparagus dishes are often enjoyed at Easter celebrations, as the green spears symbolize the abundance of new life and growth.

APRIL 16TH

is National Eggs Benedict Day. Celebrate with the Lime-Herb Hollandaise on page 49.

WELL-INFORMED

Before you dig your dream garden, it's good to know the harvesting periods for your fruits and vegetables. Determinate plants, such as certain types of bell peppers and zucchini, are plants that produce all their fruit around the same time; this makes the harvest window shorter. Indeterminate plants, such as certain types of tomatoes and winter squash, produce fruit in batches, so you have a longer time to harvest the goodies.

CLEAN CHOMPERS

↘

Carrots are a healthy treat for our canine friends. The crunchy vegetable may even keep their teeth healthy by scraping off dental plaque while they chow down. Cold carrots may soothe teething puppies, too. Cut carrots into small bite-size pieces for safe eating. Always check with your veterinarian before trying a new food for your pet. And remember that carrots should be considered a treat and shouldn't replace dental hygiene recommendations from your veterinarian.

FOR MORE GARDENING TERMS TO KEEP AN EYE OUT FOR, SCAN THE QR CODE.

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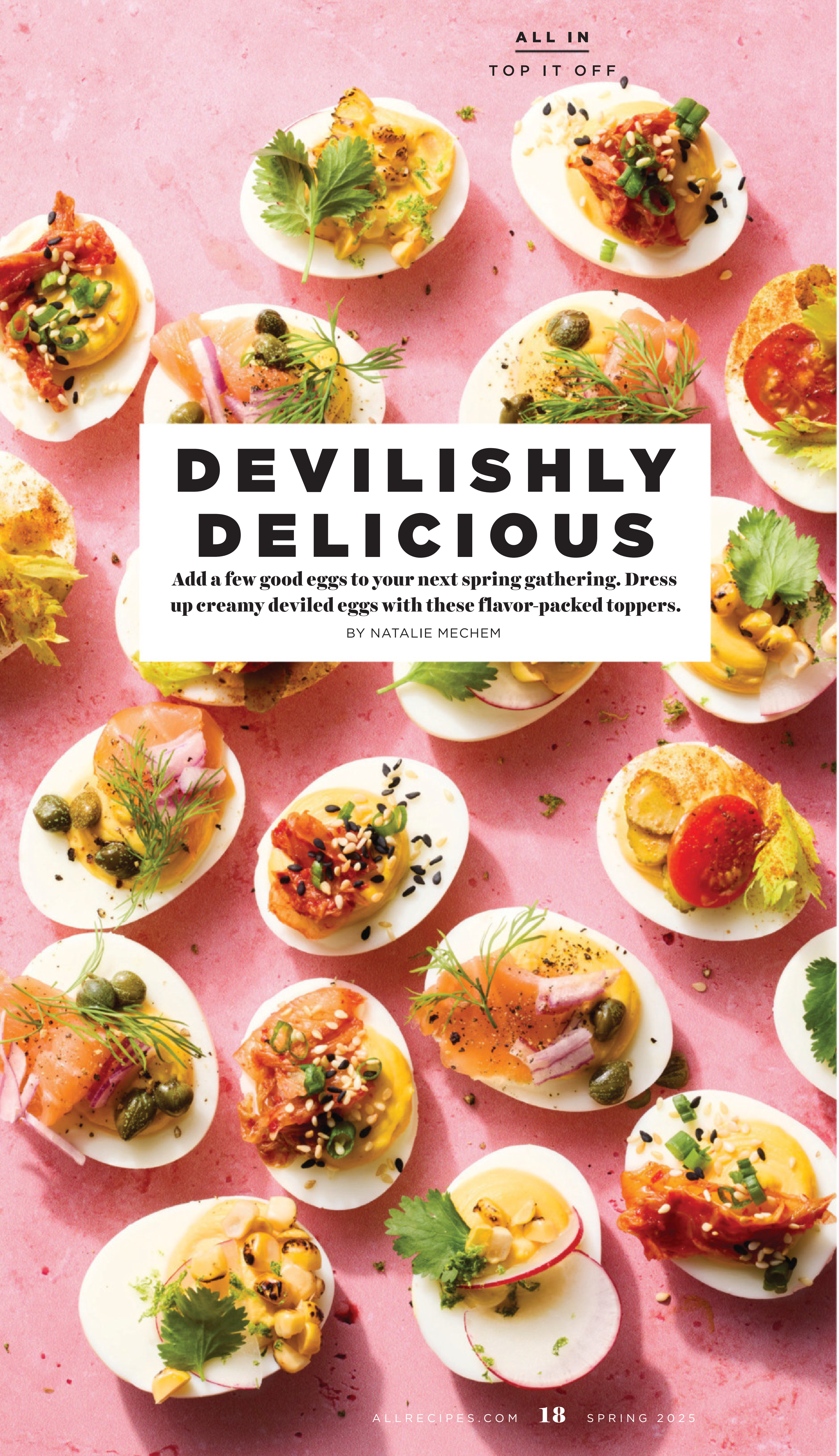

DEVILISHLY DELICIOUS

Add a few good eggs to your next spring gathering. Dress up creamy deviled eggs with these flavor-packed toppers.

BY NATALIE MECHEM

KIMCHI-SESAME

ROUGHLY CHOPPED KIMCHI
+
SLICED GREEN ONION
+
BLACK AND WHITE SESAME SEEDS

SALMON-CAPER

COLD-SMOKED SALMON
+
CAPERS
+
FINELY CHOPPED RED ONION
+
CHOPPED FRESH DILL
+
CRACKED BLACK PEPPER

TANGY TOMATO

CHERRY TOMATO SLICE
+
SLICED CORNICHONS
+
CHOPPED CELERY LEAVES
+
SEAFOOD SEASONING

ZESTY CORN

ROASTED CORN
+
THINLY SLICED RADISH
+
FRESH CILANTRO LEAVES
+
LIME ZEST

SCAN THE CODE FOR A CLASSIC DEVILED EGGS RECIPE.

PHOTO: JACOB FOX; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: BREANNA GHAZALI

We love our eggs any style...
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FARM FRESH
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Better taste. Better nutrition. Better eggs.®

'SHROOM STRENGTH

Mix mushrooms into your diet for mighty benefits. The flavorful fungi are packed with powerhouse nutrients that may help prevent memory loss and boost brain health.

BY JERLYN JONES, MS, MPA, RDN

Mushrooms are celebrated for their rich flavors and meat-imitating umami properties, making them an excellent vegetarian alternative to animal products. Several studies have shown plant-based eating reduces inflammation and in turn protects our brains. And adding mushrooms, such as porcini, to your diet can further fight inflammation, thanks in part to the antioxidant ergothioneine (ERG). According to a 2023 review published in *Nutrients,* low levels of ERG in people age 60 or older may be a risk factor for age-related diseases, such Alzheimer's and Parkinson's.

ABOUT THE WRITER

Jerlyn Jones, MS, MPA, RDN, is a media personality, a nutrition consultant, and the owner of The Lifestyle Dietitian in Atlanta. Connect with her at *thelifestyledietitian.com.*

But a couple of cups of mushrooms weekly may be all you need. A 2019 study in *Journal of Alzheimer's Disease* with 663 participants age 60 or older found those who ate at least 1½ cups of mushrooms, such as oyster, shiitake, and white (button), per week had a 50 percent lower risk of early-stage memory loss, also known as mild cognitive impairment (MCI). MCI causes memory and language difficulties and is often correlated with subsequent development of Alzheimer's disease. Sauté mushrooms in olive oil and add to cooked lentils or quinoa for an easy side dish. Or add them to soups for rich flavor and to fight inflammation.

Properties of lion's mane mushrooms may also provide a boost to brain health. One small 2023 study in *Nutrients* of adults ages 18 to 45 found that a daily capsule containing a proprietary blend of lion's mane mushroom complex for nearly one month improved participants' speed and performance during different mental tests. But that's not all; stress levels were also reduced. This small study used mushroom powder, but fresh lion's mane mushrooms provide another benefit: plant-based seafood flavor. This tender mushroom variety tastes similar to crab and lobster; try it in a stir-fry or risotto.

UV-treated white mushrooms may boost mood, too. Mushrooms grown under UV light or sunlight have more vitamin D_2 than those grown in the dark. Most Americans don't get enough vitamin D_2 (or vitamin D_3), according to the Dietary Guidelines for Americans. Several studies show that reduced levels of vitamin D are associated with depressive symptoms. While we can get vitamin D from sun exposure, many Americans become deficient after the long, dark winter. Get your vitamin D fix with mushrooms grown or treated with UV light—packaging labels will specify—slice and add to quiche for a potentially mood-improving start to your day.

PHOTO: JACOB FOX; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: BREANNA GHAZALI

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While white button mushrooms are the most common variety, their quintessential flavor and culinary versatility make them anything but. Their flavor intensifies when cooked, and their texture becomes tender, juicy and satisfyingly meaty. Just one of the many delectable mushroom varieties you can explore at your local grocer.

Make **Marry Me Mushrooms** Tonight

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FRESH FLAVORS
AND IDEAS
TO ENJOY RIGHT
NOW
↓

in season

LEMON BARBECUE
MEATLOAVES
p. 31

> *"I added sunflower seeds and pepitas to the ground beef. They gave it a nice little crunch."*
>
> – CIN

A ZEST FOR SPRING *p. 24* **COOK TO FOLLOW: JESSICA FORMICOLA** *p. 32*
OVERNIGHT HITS *p. 38* **NEXT-GEN SAUCES** *p. 44*

a ZEST *for* SPRING

LEMONS AND LIMES DELIVER PUCKER AND EDGE IN A LIGHT, FRESH PACKAGE, MAKING THEM THE PERFECT WAY TO BRING ON SPRING. THESE TWO CITRUS FRUITS ADD SOUR, TART, AND SOMETIMES SWEET FLAVOR TO ROUND OUT MAINS, DRINKS, AND DESSERTS.

BY **MARY ANDINO** PHOTOS **KELSEY HANSEN**
FOOD STYLING **LAUREN MCANELLY** PROP STYLING **MAURA TIMMERMAN**

CURRIED MUSSELS WITH LIME
p. 29

CITRUS STORAGE

Store citrus in mesh bags in the crisper drawer and make sure there's plenty of room for airflow. Chill fresh-squeezed lemon and lime juices in airtight containers. For best quality, use juice within 24 hours.

> “A hit every time I make them! The glaze makes a delicious difference.”
>
> – AMY LAHLOU

Lemon-Blueberry Blondie Bars

HANDS-ON 25 MIN **TOTAL** 1 HR, 15 MIN
SERVES 9 **SUBMITTED BY** DARCY LENZ

★★★★★ 10 REVIEWS

- **¾ cup unsalted butter**
- **2 oz. white chocolate, finely chopped**
- **1 cup packed brown sugar**
- **1 tsp. lemon zest, plus more for garnish**
- **2 Tbsp. plus 4 tsp. fresh lemon juice (1 large lemon)**
- **½ tsp. kosher salt**
- **1 egg**
- **1 egg yolk**
- **1 tsp. vanilla extract**
- **2 cups flour**
- **1 cup fresh blueberries**
- **⅔ cup powdered sugar, sifted**

1. Preheat oven to 350°F. Grease a 9-inch square baking pan and line with parchment paper, leaving 1 inch of overhang.

2. Melt butter in a small saucepan over medium heat. Reduce heat to low. Stir in white chocolate until melted and combined; transfer butter mixture to a large bowl.

3. Whisk in brown sugar until smooth. Whisk in lemon zest, 2 Tbsp. lemon juice, and the salt until combined. Whisk in egg, egg yolk, and vanilla. Stir in flour. Gently fold in blueberries with a silicone spatula.

4. Spread batter in an even layer in prepared pan. Bake until golden brown, 35 to 40 minutes. Let cool in pan on a wire rack at least 15 minutes.

5. To serve, lift blondies out of pan using parchment overhang and transfer to a cutting board. For glaze, whisk together powdered sugar and remaining 4 tsp. lemon juice in a small bowl until smooth. Drizzle over blondies and garnish with additional lemon zest. Cut into 9 pieces. (Store in an airtight container up to 3 days.)

HIDDEN GEM

PER 1 BLONDIE: 426 CAL; 19G FAT (11G SAT); 5G PRO; 61G CARB (1G FIBER, 38G SUGARS); 86MG SODIUM

Meyer Lemon Pie

HANDS-ON 10 MIN **TOTAL** 2 HR, 45 MIN
SERVES 8 **SUBMITTED BY** MELISSA CEBRIAN

★★★★⯪ 73 REVIEWS

1½ cups finely crushed vanilla wafers (6 oz.)
½ cup unsalted butter, melted
Pinch of fine sea salt
1¼ cups sugar
3 eggs
½ cup Meyer lemon juice (2 large Meyer lemons)
Sweetened whipped cream and Meyer lemon slices, for garnish

1. Preheat oven to 350°F. Lightly coat a 9-inch pie dish with cooking spray.
2. Stir together vanilla wafer crumbs, ¼ cup melted butter, and the salt in a medium bowl. Press evenly into bottom and up sides of prepared dish. Bake until lightly browned, about 10 minutes. Let cool slightly on a wire rack.
3. Meanwhile, for filling, in another medium bowl, whisk together sugar, eggs, and lemon juice until smooth. Whisk in remaining ¼ cup melted butter until thoroughly combined. Pour filling into crust.
4. Bake until filling is just set, 22 to 26 minutes. Let cool completely on a wire rack, about 2 hours.
5. To serve, cut into 8 pieces. Garnish each piece with whipped cream and a lemon slice. (Chill untopped pie in an airtight container up to 5 days.)

PER 1 PIECE: 354 CAL; 17G FAT (9G SAT); 3G PRO; 48G CARB (0G FIBER, 39G SUGARS); 131MG SODIUM

> “I sprinkled some lemon zest on top. I love that this isn't a sweet pie, but with a dusting of powdered sugar or whipped topping, it can be.”
>
> – BARBARABP

Key Lime Pie Ice Cream

HANDS-ON 25 MIN **TOTAL** 6 HR, 25 MIN
SERVES 16
SUBMITTED BY CELIAC_FAMILY_MOM

★★★★☆ 50 REVIEWS

1	**(3-oz.) pkg. lime-flavor gelatin**
1	**cup boiling water**
1	**cup cold whole milk**
1	**(14-oz.) can sweetened condensed milk**
1	**(12-oz.) can evaporated milk**
⅔	**cup whipping cream**
1	**cup sugar**
2	**egg yolks, lightly beaten**
1	**cup bottled Key lime juice**
2	**tsp. lemon extract (optional)**
12	**graham cracker squares (3½ oz.), coarsely broken, plus more for garnish**

1. Stir together gelatin and boiling water in a small bowl until dissolved. Stir in whole milk; set aside.

2. Stir together sweetened condensed milk, evaporated milk, and whipping cream in a large saucepan. Bring to a boil over medium heat, stirring frequently. Remove from heat.

3. Whisk together sugar and egg yolks in a small bowl. Whisk about ½ cup condensed-milk mixture into sugar mixture. Whisk sugar mixture back into pot until well combined (see "Safety First," right). Stir in gelatin mixture, lime juice, and (if using) lemon extract.

4. Transfer mixture to a large bowl; chill, covered, at least 4 hours (or up to 24 hours).

5. Churn chilled mixture in a 2-qt. ice cream maker according to the manufacturer's directions. Once ice cream is thick, add graham cracker pieces. Churn about 5 minutes more.

6. Transfer ice cream to a freezer-safe container; seal and freeze until solid, at least 2 hours (or up to 1 month). Garnish servings with additional graham cracker pieces.

PER ½ CUP: 262 CAL; 10G FAT (6G SAT); 6G PRO; 40G CARB (0G FIBER, 36G SUGARS); 120MG SODIUM

SAFETY FIRST

Since the tempered mixture contains raw eggs, it should reach 160°F to reduce risk of foodborne pathogens. Use an instant-read thermometer.

> *"A tasty drink and faster to make than a margarita! I've also made it with pink lemonade."*
>
> – LIZZYTISH

Salty Chihuahua

HANDS-ON 5 MIN **TOTAL** 5 MIN
SERVES 1 **SUBMITTED BY** MJCNELSON

★★★★★ 24 REVIEWS

1 lemon wedge
Coarse sea salt
1 cup ice cubes, or as needed
1½ oz. silver tequila
5 oz. lemonade

Rub rim of an old-fashioned glass with lemon wedge; dip in salt to coat. Fill glass with ice. Add tequila and lemonade. Squeeze and drop in lemon wedge (about ½ oz. juice). Stir and serve.

QUICK *GLUTEN-FREE* *VEGAN*

PER 7 OZ.: 139 CAL; 0G FAT; 0G PRO; 12G CARB (0G FIBER, 10G SUGARS); 304MG SODIUM

Curried Mussels with Lime

(pictured on p. 25)

HANDS-ON 20 MIN **TOTAL** 30 MIN
SERVES 4 **SUBMITTED BY** MURINMOON

★★★★★ 161 REVIEWS

If you like, halve the recipe and serve as an appetizer.

1 (14-oz.) can unsweetened coconut milk
⅓ cup lime juice (about 3 medium limes)
⅓ cup dry white wine (such as Pinot Grigio)
1½ Tbsp. red curry paste
1½ Tbsp. minced fresh garlic
1 Tbsp. fish sauce
1 Tbsp. sugar
4 lb. fresh mussels, scrubbed and debearded (tip, below right)
1 cup chopped fresh cilantro
Crusty bread, for serving

1. Stir together coconut milk, lime juice, wine, curry paste, garlic, fish sauce, and sugar in an 8- to 10-qt. pot until sugar and curry paste are dissolved. Bring to a boil. Boil 2 minutes, then add mussels. Cook, covered, stirring occasionally, until mussels open, 5 to 8 minutes.

2. Remove from heat and discard any unopened mussels. Carefully transfer mussels and liquid to a serving dish and top with cilantro. Serve with crusty bread.

QUICK

PER 20 TO 25 MUSSELS: 412 CAL; 22G FAT (17G SAT); 29 PRO; 19G CARB (0G FIBER, 5G SUGARS); 884MG SODIUM

PALOMA

Substitute 1 lime wedge for the lemon wedge, and grapefruit soda for the lemonade.

SALTY DOG

Substitute vodka for the tequila, and grapefruit soda or juice for the lemonade.

← SCAN THE CODE TO LEARN HOW TO PREP AND CLEAN MUSSELS.

SOUR POWER

Just 2 Tbsp. of fresh lemon juice contains more than 10 percent of the daily value of vitamin C. Research also shows a squeeze of lemon juice (or other acidic citrus) can help reduce the need for salt in a dish, making it a tasty way to reduce sodium—a nutrient most Americans get too much of.

> *"I added diced onions and peppers. It was so flavorful and a great balance between sweet and savory."*
>
> – KATERINA NICOLE

Lemony Coconut and Sweet Potato Soup

HANDS-ON 20 MIN **TOTAL** 45 MIN
SERVES 4 **SUBMITTED BY** AMY

★★★★½ 17 REVIEWS

1 Tbsp. coconut oil
2 medium sweet potatoes, peeled and cubed (4 cups)
1 large carrot, peeled and sliced into ¼-inch-thick coins (¾ cup)
1 large leek, white and light-green parts only, thinly sliced (1½ cups)
1 medium clove garlic, minced (1 tsp.)
2 tsp. cumin
1 tsp. ground coriander
1 (32-oz.) carton low-sodium vegetable broth
1 (14-oz.) can unsweetened coconut milk
3 Tbsp. Meyer lemon juice
¾ tsp. kosher salt
1 cup chopped fresh spinach
Microgreens and cracked black pepper, for garnish

1. Heat oil in a large pot over medium-high heat. Add sweet potatoes; stir to coat with oil. Cook, stirring occasionally, until lightly browned, about 6 minutes. Add carrot; cook, stirring, 1 minute. Stir in leek and garlic; cook until fragrant, about 1 minute. Stir in cumin and coriander.

2. Stir in broth, coconut milk, and lemon juice. Bring to a gentle boil. Reduce heat to medium-low and simmer, covered, until potatoes and carrot are tender, about 15 minutes. Stir in salt.

3. Divide soup among 4 bowls and top with fresh spinach. Garnish with microgreens and black pepper. (Chill untopped soup in an airtight container up to 4 days.)

HIDDEN GEM ***GLUTEN-FREE*** ***VEGAN***

PER 2 CUPS: 339 CAL; 22G FAT (20G SAT); 4G PRO; 32G CARB (6G FIBER, 10G SUGARS); 399MG SODIUM

Lemon Barbecue Meatloaves

(pictured on p. 23)

HANDS-ON 15 MIN **TOTAL** 1 HR
SERVES 6 **SUBMITTED BY** TIFFANYIVANOVSKY

★★★★½ 121 REVIEWS

Lemon provides unexpected but welcome tang and brightness in these individual meatloaves.

- **1 egg, lightly beaten**
- **½ cup water**
- **¼ cup lemon juice (1 large lemon)**
- **1 tsp. seasoned salt**
- **4 slices day-old bread, cut into ½-inch cubes**
- **1½ lb. 85% lean ground beef**
- **¼ cup chopped onion**
- **½ cup ketchup**
- **⅓ cup packed brown sugar**
- **1 tsp. mustard powder**
- **⅛ tsp. ground allspice**
- **⅛ tsp. ground cloves**
- **6 slices lemon**

1. Preheat oven to 350°F. Grease a 9x13-inch baking dish.

2. Stir together egg, water, lemon juice, and seasoned salt in a large bowl. Add bread cubes and stir until softened. Add ground beef and onion; use hands to mix just until combined. Shape into six loaves (about 6 oz. each); arrange in prepared baking dish. Bake 15 minutes.

3. Meanwhile, for topping, stir together ketchup, brown sugar, mustard powder, allspice, and cloves in a small bowl.

4. Remove loaves from oven; spoon about 2 Tbsp. topping over each loaf, then top each with a lemon slice. Bake 30 minutes more, or until an instant-read thermometer inserted into center of each meatloaf registers 165°F. (Chill, covered, up to 3 days.)

PER 1 MEATLOAF: 387 CAL; 19G FAT (7G SAT); 24G PRO; 30G CARB (1G FIBER, 19G SUGARS); 649MG SODIUM

MAY WE SUGGEST

For easier eating and a prettier presentation, use seedless lemons to top loaves in Step 4.

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Wonderful® SEEDLESS LEMONS

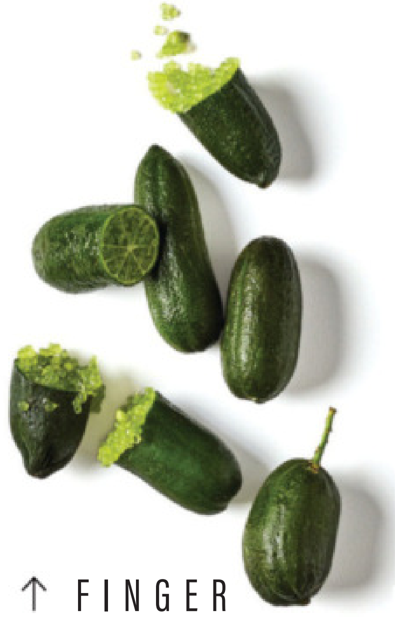
PICK YOUR PUCKER

There are dozens of varieties of lemons and limes, each with unique attributes. Learn about a few here.

↑

PINK LEMONS

Named for the rosy hue of their flesh, pink lemons become less acidic as they ripen, making them slightly sweeter than an average lemon, with subtle floral undertones.



↑ FINGER LIMES

Also known as citrus caviar, finger limes, which come from Australia, contain small, firm pearls that burst with tart flavor. Try adding them to raw oysters or serve them with tacos instead of the traditional lime wedge.

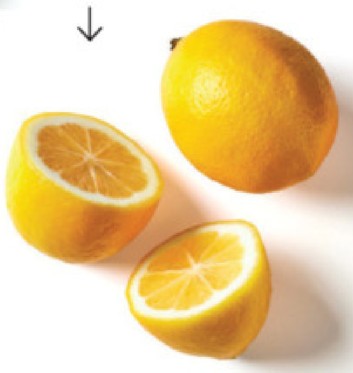
MAKRUT LIMES

Unlike other citrus, makrut limes are prized for their leaves, not their juice. In Thai cuisine, makrut lime leaves are used as an aromatic in soups and curries. You can find them fresh, frozen, or dried in international grocery stores.

MEYER LEMONS

This special citrus is a cross between a lemon and a mandarin orange. Its flesh is slightly darker and it is much sweeter than a typical lemon. Meyer lemons are in season from December to May.

↓



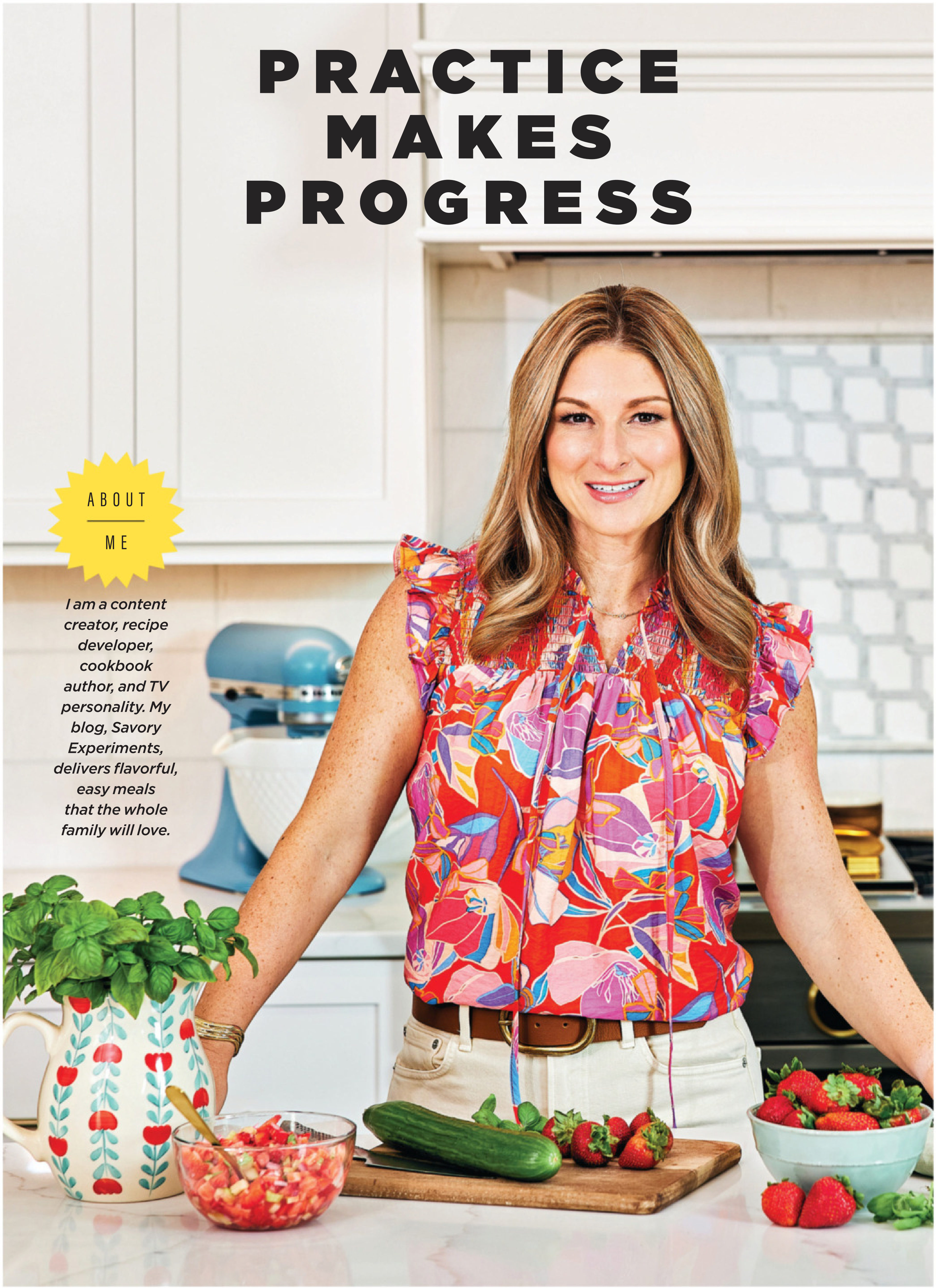
↑ KEY LIMES

Despite being named after the Florida Keys, Key limes are no longer commercially grown in the United States but instead are imported from Mexico and Central America. They have a stronger, more concentrated and acidic flavor than typical limes. Because of their diminutive size, it can be a pain to juice them; look for bottled Key lime juice when a large amount is needed.

CALAMANSI LIMES

Popular throughout Southeast Asia, calamansi limes deliver a big hit of tartness in a small package. Mix their juice into a traditional Filipino papaya salad or add to a gin and tonic for a twist on a classic.

PRACTICE MAKES PROGRESS



ABOUT ME

I am a content creator, recipe developer, cookbook author, and TV personality. My blog, Savory Experiments, delivers flavorful, easy meals that the whole family will love.

> "Stay calm and realize that every time you cook, it's only one meal out of your entire life."
>
> – **JESSICA FORMICOLA**

STRAWBERRY BARBECUE BEEF
p. 35

FOR RECIPE DEVELOPER, BLOGGER, AND ALLRECIPES ALLSTAR JESSICA FORMICOLA, COOKING ISN'T ABOUT PERFECTION; IT'S ABOUT THE PROCESS. EVERY TIME SHE STEPS INTO THE KITCHEN, SHE LEARNS SOMETHING NEW. HERE, JESSICA TALKS ABOUT EMBRACING MISTAKES, STAYING CURIOUS, AND KEEPING IT LOW-KEY. BY MARY ANDINO

PHOTOS: (PORTRAIT) JUSTIN TSUCALAS/PLAID PHOTO; PROP STYLING: ALEXANDRA MONCAYO; HAIR & MAKEUP: CAITLYN MEYER; WARDROBE: GIANNA NUCCI. (BEEF) JACOB FOX; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: BREANNA GHAZALI.

WHO I COOK FOR

My husband, David; my two kids, Vivian and Thomas; and lots of friends and family. Our kitchen is rarely just us.

HOW I GOT INTO BLOGGING ↓

Being a chef is my second career. I started as a psychotherapist but was also undergoing intense fertility treatment. I needed an outlet that wasn't work, so I decided to start writing about my culinary experiments and hosting weekly dinners with our friends to test out the recipes. I Googled "how to start a blog," and Savory Experiments was born. It wasn't a career; it was a hobby. But after seven long years of fertility treatment, my daughter was born, and I decided to go full time. Now the blog has 17 people on staff and continues to grow.

> *"The kids are more apt to eat dinner if they have a hand in making it."*
>
> **– JESSICA FORMICOLA**

FIND MORE OF JESSICA'S RECIPES ON HER BLOG, SAVORY EXPERIMENTS, AND FOLLOW HER ON INSTAGRAM @SAVORYEXPERIMENTS.

MY MOST MEMORABLE MEAL

In Puerto Rico, I had the chance to attend a Dorado Beach Culinary Getaway with José Andrés, Anthony Bourdain, and Eric Ripert. José made paella, Anthony made quail, and Eric made eggs. They were barefoot, enjoying the good company, and laughing about kitchen stories.

MY MUST-HAVE KITCHEN TOOLS

I use my mini food processor, Microplane, and Global chef's knife on the regular. And a glass of wine really gets me into my creative zone.

WHY I GET MY KIDS INVOLVED The kids are more apt to eat dinner if they have a hand in making it—not to mention it teaches them a valuable life skill and helps them with reading and math.

MY FAVORITE TIME-SAVERS

I buy a lot of rotisserie chicken to use in easy meals. I get a few bags of salad mix a week and precut veggies for quick steaming. Bags of 90-second rice and grains are also a go-to.

MY COOKING PHILOSOPHY

Stay calm and realize that every time you cook, it's only one meal out of your entire life. Even mistakes are going to make you a better home cook, and the only way to get better is to practice.

BEST ADVICE I GIVE

I tell my readers all the time to reframe cooking: Instead of saying, "I have to cook," say, "I get to cook." Learn about the ingredients, try something new, and take pride in the dish you are creating.

HOW I ENTERTAIN

It's a laid-back atmosphere. We are casual and likely in yoga pants, listening to classic rock, country, or '80s jams. We're eating plates of small bites; it's rarely a sit-down meal. The kids are having fun. It's chaotic and loud, but perfect.

MY COOKING MOTIVATION ↓

In college, I started to try recipes from magazines, and my love for it just continued to grow. I love to host and try new foods. When traveling, I get the most intriguing thing on the menu and then come home and recreate it. I am constantly motivated to learn more and develop my skills. Cooking is something you can never fully learn. There is always room for improvement.

Strawberry Barbecue Beef

(pictured on p. 33)

HANDS-ON 20 MIN **TOTAL** 1 HR, 25 MIN **SERVES** 6 **SUBMITTED BY** JESSICA FORMICOLA
NEW RECIPE GO ONLINE TO RATE & REVIEW

8 oz. strawberries, hulled and halved (1½ cups), plus 1 lb. strawberries, hulled and chopped (3 cups)
2 Tbsp. water
2 Tbsp. ketchup
2 tsp. light brown sugar
2 tsp. plus 2 Tbsp. chopped fresh basil, plus more for garnish
2 tsp. plus 2 Tbsp. white wine vinegar
2 medium cloves garlic, minced (2 tsp.)
⅛ tsp. white pepper
⅛ tsp. plus 1¼ tsp. salt
¼ tsp. black pepper
1¼ to 1½ lb. beef flank steak
1 medium cucumber, peeled, seeded, and chopped (1½ cups)
2 Tbsp. finely chopped red onion

1. Preheat oven to 400°F. Line bottom and sides of a rimmed baking sheet with parchment paper. (This is needed to catch all the cooking liquid.) Arrange halved strawberries on baking sheet. Roast until fragrant, soft, and caramelized, about 20 minutes.

2. For sauce, transfer roasted strawberries and their juices to a small saucepan. Stir in water, ketchup, brown sugar, 2 tsp. each basil and vinegar, 1 tsp. garlic, the white pepper, and ⅛ tsp. salt. Bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, 20 minutes. Remove from heat, let cool slightly, then transfer sauce to a food processor or blender. Blend until smooth.

3. Preheat an outdoor grill to medium-high heat (375°F to 400°F). Oil grill grates. Sprinkle ¼ tsp. salt and the black pepper over steak. Grill steak, covered, 10 minutes. Turn steak and brush lightly with sauce. Continue cooking, brushing with sauce every 3 minutes, about 10 minutes more or until an instant-read thermometer inserted into thickest part registers 130°F for medium-rare or 140°F for medium. Transfer steak to a cutting board; cover loosely with foil and let stand 10 minutes. (After resting, temperature should register 135°F for medium-rare or 145°F for medium.)

4. For salsa, toss together chopped strawberries, cucumber, onion, the remaining 2 Tbsp. each basil and vinegar, and the remaining 1 tsp. each garlic and salt in a medium bowl.

5. Thinly slice steak. Serve with strawberry salsa and garnish with additional basil. (Chill salsa, covered, up to 4 hours.)

PER 3 TO 4 OZ. STEAK AND ½ CUP SALSA: 188 CAL; 6G FAT (2G SAT); 22G PRO; 13G CARB (3G FIBER, 9G SUGARS); 640MG SODIUM

↑ SERVE IT

If you like, serve the beef and salsa with tortillas or rice.

RIPTYDZ OCEANFRONT GRILLE & ROOFTOP BAR

MYRTLE BEACH, SOUTH CAROLINA

SHINE AND DINE IN MYRTLE BEACH

MYRTLE BEACH HAS LONG APPEALED TO BEACH-LOVING TRAVELERS. NOW THIS CULINARY HOT SPOT OFFERS NEW AND ENTICING REASONS TO VISIT: OPEN-AIR AMBIENCE, LOWCOUNTRY FLAVORS, FRESH-CAUGHT SEAFOOD, AND HOMEY ATMOSPHERE.

INLET PROHIBITION COMPANY

Seafood Delights

For 60-plus years, the **Sea Captain's House** has navigated the dining scene with a crew of favorites like shrimp and grits, crab cakes, and Lowcountry dip. **Hook & Barrel** focuses on sustainability and locally sourced fish. At **Drunken Jack's,** the fresh catch of the day comes with their famous hot hush puppies and honey butter.

Cozy Settings

At **Zeytin,** tuck into traditional Turkish cuisine amid olive trees and modern tile work. A rustic, Western setting complements the surf-and-turf menu at **Angus Steakhouse and Seafood.** The atmosphere at **Tidal Creek Brewhouse** is always warm and friendly. Enjoy hot, fresh-roasted coffee, cold craft beers, and savory bites in a variety of indoor and outdoor spaces.

ZARDIN HEALTHY EATERY

Southern Eats

The **Hot Fish Club,** descendant of a late-1700s social club, continues to welcome anyone who appreciates classic seafood and lively conversation. Settle in with a traditional Lowcountry steam pot — a pail packed with shrimp, clams, oysters, mussels, sausage, corn, and potatoes. **Swig & Swine** knows there's no shortcut to Southern barbecue. You have to cook the meat low and slow, smoking it with high-quality hardwoods.

Alfresco Bites

Power up with nourishing bowls and sandwiches at **Zardin Healthy Eatery.** Elevated views await at **RipTydz Oceanfront Grille & Rooftop Bar,** a vibrant venue on the Myrtle Beach Boardwalk overlooking the ocean. **Big Chill Island House,** along the Intracoastal Waterway, wins fans with its rooftop and terraces, as well as its lobster rolls and ceviche. At waterfront **Greg Norman Australian Grille,** owned by the golf champ dubbed The Shark, relax in the Shark Pub as boats pass.

WHERE TO GRAB A NIGHTCAP

Cap off a day of culinary exploration at one of these Myrtle Beach institutions.

INLET PROHIBITION COMPANY

Sip rum-based concoctions in Murrells Inlet, located in former pirate country.

TWELVE 33 DISTILLERY

In Little River, sample a tasting flight of their craft spirits or a signature cocktail made with them.

THE TASTING ROOM ON 9TH

Sip chardonnay at this intimate wine bar downtown.

VOODOO BREWING COMPANY

Hop over to Broadway at the Beach for some Good Vibes, a West Coast IPA.

overnight hits

greek-style chickpea salad p. 42

Lean on these marinated salads for your next meal-prep lunch or make-ahead potluck side. The prep is a breeze, but the real magic happens in the fridge. Sturdy beans, greens, and veggies meld with dressings for flavors that only get bigger and better throughout the week.

BY **NATALIE MECHEM** PHOTOS **CARSON DOWNING**
FOOD STYLING **KELSEY MOYLAN** PROP STYLING **BREANNA GHAZALI**

> “We added shaved carrots to incorporate a little more color. Very good!”
>
> – DAVID WILLIAM WOLVERTON

spicy cucumber and peanut salad

HANDS-ON 15 MIN **TOTAL** 1 HR, 20 MIN
SERVES 4 **SUBMITTED BY** TAMMYN316

★★★★½ 24 REVIEWS

Crisp cucumbers are tossed in a spicy-sweet dressing for a refreshing side dish. Peanuts add a pop of salt and crunch.

- **1 tsp. vegetable oil**
- **4 cloves garlic, minced**
- **3 Tbsp. white vinegar**
- **1 tsp. sugar**
- **1 Tbsp. chili-garlic sauce**
- **1 Tbsp. fish sauce**
- **1 tsp. ground coriander**
- **½ tsp. crushed red pepper (optional)**
- **2 medium cucumbers, halved lengthwise, seeded, and thinly sliced (about 2½ cups) (see “Cuke Prep,” left)**
- **2 green onions, chopped (about ½ cup)**
- **½ cup chopped roasted, salted peanuts**

1. Heat oil in a small skillet over medium heat. Cook garlic, stirring frequently, until softened and lightly browned, 3 to 5 minutes. Remove from heat; let cool.

2. For dressing, whisk together vinegar and sugar in a large bowl until sugar is dissolved. Whisk in cooled garlic, chili-garlic sauce, fish sauce, coriander, and (if using) crushed red pepper until thoroughly combined. Add cucumbers and green onions; toss to coat. Chill, covered, at least 1 hour (or up to 4 days). Top with peanuts just before serving.

PER 1 CUP: 153 CAL; 10G FAT (2G SAT); 6G PRO; 11G CARB (3G FIBER, 4G SUGARS); 504MG SODIUM

cuke prep

If you like, peel the cucumbers, alternating peeled and unpeeled sections to create stripes. Use a mandoline to get very thin slices.

crunchy radish and two-bean salad

HANDS-ON 20 MIN **TOTAL** 50 MIN
SERVES 6 **SUBMITTED BY** JULIANA HALE
NEW RECIPE GO ONLINE TO RATE & REVIEW

Rainbow chard, sugar snap peas, and carrots hold their texture when tossed with a creamy stir-together yogurt dressing.

- **½ cup plain Greek-style yogurt**
- **¼ cup extra-virgin olive oil**
- **2 tsp. lemon zest plus ¼ cup lemon juice (about 2 medium lemons)**
- **2 tsp. honey**
- **1 tsp. salt**
- **½ tsp. black pepper**
- **½ tsp. smoked paprika**
- **½ tsp. cumin**
- **1 (15-oz.) can cannellini beans, drained and rinsed**
- **1 (15-oz.) can red kidney beans, drained and rinsed**
- **2 cups chopped rainbow chard (with stems)**
- **8 oz. sugar snap peas, bias-sliced into 1-inch pieces (2 cups)**
- **8 oz. radishes, halved and sliced (1⅔ cups)**
- **1 cup cooked quinoa, cooled**
- **1 carrot, coarsely shredded (½ cup)**
- **1 cup crumbled feta or cotija cheese (4 oz.)**
- **⅓ cup slivered red onion**
- **¼ cup chopped fresh dill**

1. For dressing, whisk together yogurt, oil, lemon zest and juice, honey, salt, pepper, paprika, and cumin in a small bowl.

2. In a large bowl, stir together cannellini and kidney beans, chard, snap peas, radishes, quinoa, carrot, feta, onion, and dill. Add dressing; toss to coat. Chill, covered, at least 30 minutes (or up to 4 days).

HEALTHY ***VEGETARIAN*** ***GLUTEN-FREE***

PER 1½ CUPS: 318 CAL; 16G FAT (5G SAT); 13G PRO; 35G CARB (9G FIBER, 7G SUGARS); 863MG SODIUM

caesar cannellini bean salad

HANDS-ON 20 MIN **TOTAL** 50 MIN
SERVES 5 **SUBMITTED BY** JULIANA HALE
NEW RECIPE GO ONLINE TO RATE & REVIEW

This twist on a salad-bar staple adds filling white beans, kicky peperoncini, and peppery kale and radicchio to the mix.

- **2 (15-oz.) cans cannellini beans, drained and rinsed**
- **2 cups packed baby kale (2 oz.)**
- **1 cup cooked farro, cooled**
- **1 red bell pepper, chopped (1 cup)**
- **⅔ cup shredded radicchio**
- **½ cup shredded Parmesan cheese (2 oz.)**
- **¼ cup jarred sliced peperoncini peppers**
- **1 shallot, thinly sliced (¼ cup)**
- **Creamy Caesar Dressing (recipe, opposite) or 1 cup purchased Caesar dressing**
- **Parmesan Croutons (recipe, below) or 1¼ cups purchased croutons, for serving**

Stir together beans, kale, farro, bell pepper, radicchio, Parmesan, peperoncini, and shallot in a large bowl. Add dressing; toss to coat. Chill, covered, at least 30 minutes (or up to 4 days). Top with croutons just before serving.

HIDDEN GEM ***HEALTHY***

PER 1½ CUPS: 328 CAL; 16G FAT (4G SAT); 16G PRO; 39G CARB (11G FIBER, 4G SUGARS); 811MG SODIUM

parmesan croutons

Toss together 1½ cups cubed **Italian bread** and 1 Tbsp. melted **butter** in a medium bowl. Add 2 Tbsp. grated **Parmesan cheese;** toss to combine. Heat 1 Tbsp. **olive oil** in a large skillet over medium heat. Cook bread cubes, turning occasionally, until golden brown, about 10 minutes. Remove from heat. Croutons will continue to crisp as they cool. Makes 1¼ cups.

caesar cannellini bean salad

creamy caesar dressing

Blend ¼ cup **red wine vinegar,** 6 **anchovy fillets,** and 4 cloves **garlic** in a blender until nearly smooth. Add ½ cup **plain Greek-style yogurt,** ¼ cup **extra-virgin olive oil,** 2 tsp. **Dijon mustard,** and 1 tsp. **sugar;** blend until smooth. Makes 1 cup.

> *"This is a nice recipe for a quick dinner. The leftovers make great take-to-work meals."*
>
> – STEVEN BANKS

greek-style chickpea salad

(pictured on p. 38)

HANDS-ON 10 MIN **TOTAL** 2 HR, 10 MIN
SERVES 6 **SUBMITTED BY** KIM FUSICH

★★★★½ 418 REVIEWS

All the goodies of a Greek-style salad but with a protein-packed chickpea bonus.

- **⅓ cup extra-virgin olive oil**
- **⅓ cup red wine vinegar**
- **4 cloves garlic, minced**
- **1 tsp. dried oregano**
- **½ tsp. Dijon mustard**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **2 (15-oz.) cans chickpeas, drained and rinsed**
- **2 medium cucumbers, halved lengthwise, seeded, and sliced (about 2½ cups) (see "Cuke Prep," page 39)**
- **1 (7- to 8-oz.) jar pitted kalamata olives, drained and chopped**
- **8 cherry tomatoes, halved (about ⅔ cup)**
- **1 small red onion, chopped (about ½ cup)**
- **2 oz. feta cheese, cubed**
- **3 Tbsp. chopped fresh parsley**
- **Lemon wedges, for serving**

1. For dressing, add oil, vinegar, garlic, oregano, mustard, salt, and pepper to a jar. Screw on lid and shake until combined.

2. Stir together chickpeas, cucumbers, olives, tomatoes, and onion in a large bowl. Add dressing; toss to coat. Chill, covered, at least 2 hours (or up to 4 days). Stir in feta and parsley just before serving. Serve with lemon wedges.

HEALTHY *VEGETARIAN* *GLUTEN-FREE*

PER 1⅓ CUPS: 336 CAL; 24G FAT (4G SAT); 8G PRO; 25G CARB (5G FIBER, 5G SUGARS); 813MG SODIUM

> *"I used dried cranberries instead of currants. I love the combination of flavors!"*
>
> – TREKINFL

orzo and wild rice salad

HANDS-ON 15 MIN **TOTAL** 2 HR, 5 MIN
SERVES 10 **SUBMITTED BY** CWILLEMIN

★★★★★ 49 REVIEWS

Tender orzo and nutty wild rice soak up a sweet and tangy vinaigrette. Chewy currants and crisp bell pepper and corn add to this texture-forward side.

- **½ cup wild rice**
- **1 cup orzo pasta**
- **⅓ cup frozen whole kernel corn**
- **1 cup chopped bell pepper**
- **1 small red onion, chopped (about ½ cup)**
- **⅓ cup dried currants**
- **¾ tsp. salt**
- **¾ tsp. black pepper**
- **3 Tbsp. white balsamic vinegar**
- **1 Tbsp. honey**
- **1 tsp. Dijon mustard**
- **½ tsp. minced fresh garlic**
- **¼ cup canola oil**
- **¼ cup chopped fresh basil, plus leaves for garnish**

1. Cook wild rice according to package directions until tender, about 40 minutes. Drain well, then spread on a large rimmed baking sheet; chill until cool.

2. Meanwhile, bring a pot of lightly salted water to a boil. Cook pasta according to package directions, adding corn in the last 3 minutes of cooking. Drain and rinse with cold water to cool.

3. Transfer pasta mixture and wild rice to a large bowl. Stir in bell pepper, onion, currants, salt, and black pepper.

4. For dressing, whisk together vinegar, honey, mustard, and garlic in a small bowl. Slowly whisk in oil until emulsified. Add dressing to pasta mixture; toss to coat. Chill, covered, at least 1 hour (or up to 4 days). Stir in basil just before serving. Garnish with basil leaves.

HEALTHY *VEGETARIAN*

PER ½ CUP: 177 CAL; 6G FAT (0G SAT); 4G PRO; 27G CARB (2G FIBER, 8G SUGARS); 189MG SODIUM

zesty cauliflower antipasto salad

HANDS-ON 15 MIN **TOTAL** 45 MIN
SERVES 10
SUBMITTED BY SOUP LOVING NICOLE
NEW RECIPE GO ONLINE TO RATE & REVIEW

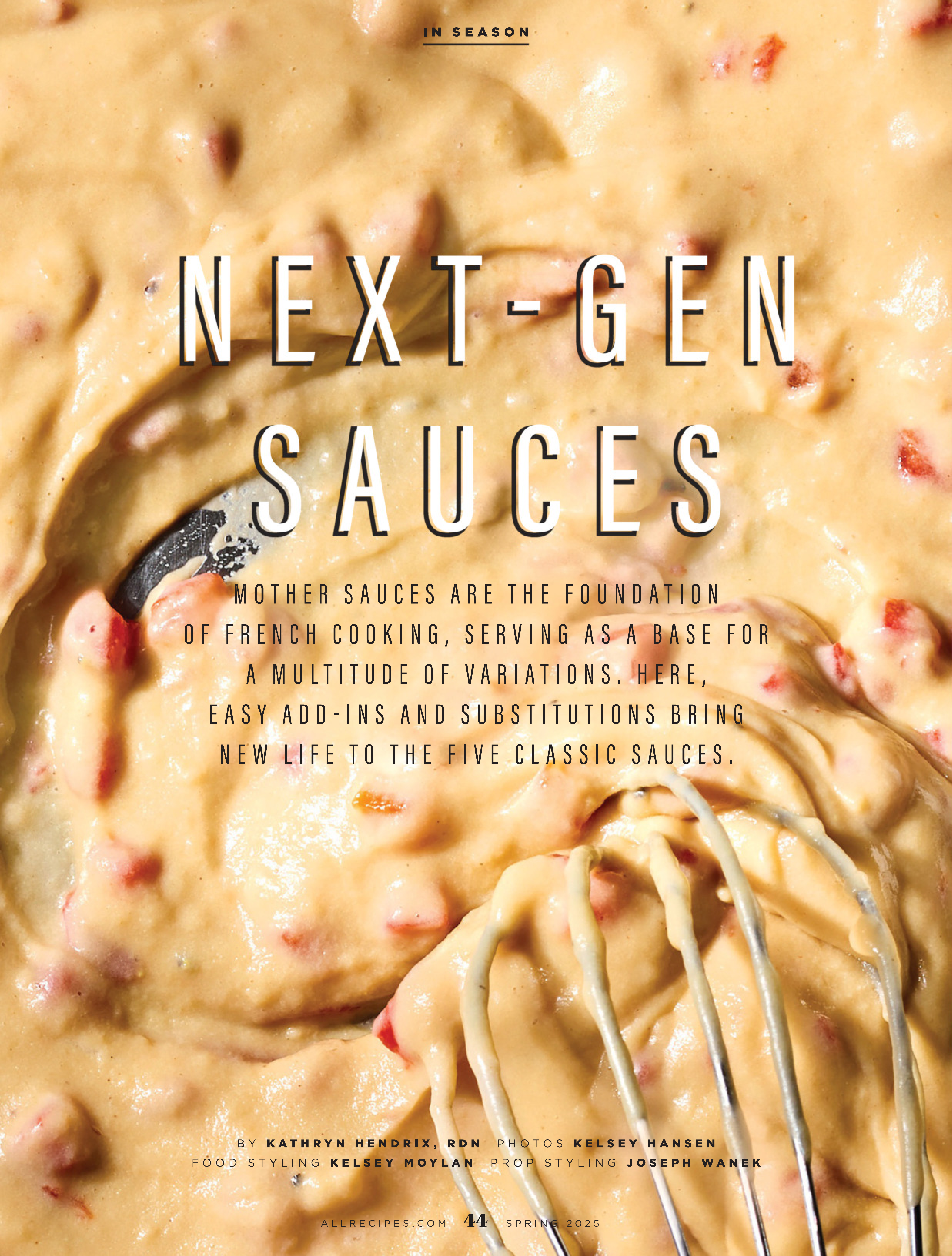
Crunchy cauliflower takes the place of delicate greens in this Italian-inspired salad.

1 medium head cauliflower, cut into small florets (6 cups)
1 small red onion, sliced (¾ cup)
12 grape tomatoes, halved (about 1 cup)
1 (14-oz.) can quartered artichoke hearts, drained
½ cup sliced pitted green olives (such as Castelvetrano)
½ cup jarred mild banana pepper rings
8 oz. mini fresh mozzarella balls
4 oz. sliced Genoa salami, chopped
¾ cup Italian-style salad dressing
Fresh oregano, for garnish

Stir together cauliflower, onion, tomatoes, artichoke hearts, olives, peppers, mozzarella, and salami in a large bowl. Add dressing; toss to coat. Chill, covered, at least 30 minutes (or up to 3 days). Garnish with oregano.

HIDDEN GEM

PER 1 CUP: 179 CAL; 12G FAT (4G SAT); 9G PRO; 10G CARB (3G FIBER, 4G SUGARS); 770MG SODIUM



NEXT-GEN SAUCES

MOTHER SAUCES ARE THE FOUNDATION OF FRENCH COOKING, SERVING AS A BASE FOR A MULTITUDE OF VARIATIONS. HERE, EASY ADD-INS AND SUBSTITUTIONS BRING NEW LIFE TO THE FIVE CLASSIC SAUCES.

BY **KATHRYN HENDRIX, RDN** PHOTOS **KELSEY HANSEN**
FOOD STYLING **KELSEY MOYLAN** PROP STYLING **JOSEPH WANEK**

SAUCE

IT

Serve with kielbasa or andouille sausages, brats, or soft pretzel bites.

PIMIENTO-BEER CHEESE BÉCHAMEL

HANDS-ON 10 MIN
TOTAL 15 MIN **MAKES** 2 CUPS
SUBMITTED BY KATHRYN HENDRIX, RDN
NEW RECIPE GO ONLINE TO RATE & REVIEW

Build on béchamel's base with stout beer, Dijon, cheddar cheese, and pimientos.

- **2 Tbsp. butter**
- **2 Tbsp. flour**
- **¼ cup stout beer**
- **1 cup whole milk, or more as needed**
- **1 tsp. Dijon mustard**
- **1 cup shredded sharp cheddar cheese (4 oz.)**
- **1 (4-oz.) jar chopped pimientos, drained (⅓ cup)**
- **Pinch of salt**
- **Pinch of black pepper**

1. Melt butter in a small saucepan over medium-low heat. Gradually whisk in flour; cook, whisking constantly, until a thick paste forms, about 1 minute. Whisk in beer until combined. Gradually whisk in milk and mustard.

2. Bring to a simmer, whisking frequently. Reduce heat to low and cook until thickened, about 5 minutes. Gradually whisk in cheese until melted. If needed, add more milk, 1 tsp. at a time, to reach desired consistency. Whisk in pimientos, salt, and pepper.

HIDDEN GEM ***QUICK*** ***VEGETARIAN***

PER 2 TBSP.: 57 CAL; 4G FAT (3G SAT); 2G PRO; 2G CARB (0G FIBER, 1G SUGARS); 78MG SODIUM

THE MOTHER SAUCE

↓

Béchamel is made with a white roux, a mixture of equal parts flour and butter cooked just until the flour is no longer raw. Sauces lose their thickening ability the longer they are cooked. A white roux is cooked for less time than blond and brown roux, so it thickens sauces the most.

THE MOTHER SAUCE

Espagnole is made with a brown roux, a mixture of equal parts flour and butter cooked until deep brown, with a strong, nutty aroma. Because the flour in a brown roux is cooked longer than in a white or blond roux, it thickens sauces less but has more flavor.

SOY-MISO ESPAGNOLE

HANDS-ON 10 MIN
TOTAL 1 HR **MAKES** 2½ CUPS
SUBMITTED BY KATHRYN HENDRIX, RDN
NEW RECIPE GO ONLINE TO RATE & REVIEW

Completely transform the classic tomato-based brown sauce with just two ingredients: soy sauce and miso.

¼ cup butter
½ cup chopped onion
¼ cup chopped celery
¼ cup chopped peeled carrot
¼ cup flour
¼ cup tomato purée or 2 Tbsp. tomato paste
4 cups 50% less-sodium beef stock
1 bay leaf
Pinch of salt
Pinch of black pepper
2 Tbsp. less-sodium soy sauce
1 Tbsp. white miso paste

1. Melt butter in a medium saucepan over medium-high heat. Add onion, celery, and carrot. Cook, stirring occasionally, until onion is translucent and softened, about 6 minutes. Reduce heat to medium-low. Gradually whisk in flour; cook, whisking constantly, until roux is deep brown and has a rich, nutty aroma, about 5 minutes. Whisk in tomato purée. Cook, whisking constantly, 1 minute.

2. Whisk in beef stock; add bay leaf, salt, and pepper. Bring to a boil. Reduce heat to medium-low; simmer, stirring occasionally, until reduced by one-third (to about 2½ cups) and mixture thinly coats the back of a spoon and holds a line when you draw a finger through it, about 45 minutes. Strain through a fine-mesh sieve into a bowl; whisk in soy sauce and miso.

HIDDEN GEM

PER ¼ CUP: 74 CAL; 5G FAT (3G SAT); 3G PRO; 5G CARB (1G FIBER, 2G SUGARS); 453MG SODIUM

SAUCE IT

Serve over rice or soba noodles, roasted pork, or meatballs.

RAS EL HANOUT-SPICED SAUCE TOMAT

(pictured on p. 48)

HANDS-ON 20 MIN **TOTAL** 1 HR, 45 MIN
MAKES 5½ CUPS
SUBMITTED BY KATHRYN HENDRIX, RDN
NEW RECIPE GO ONLINE TO RATE & REVIEW

This offshoot of the slow-simmered sauce tomat mother sauce is sweetened with golden raisins and seasoned with warming spices.

1	**Tbsp. butter**
2	**oz. salt pork, diced (see tip, above right) or 2 slices thick-cut bacon, diced**
1	**cup chopped red bell pepper**
½	**cup diced onion**
½	**cup diced peeled carrots**
½	**cup diced celery**
4	**cloves garlic, minced (4 tsp.)**
2	**Tbsp. flour**
1	**(28-oz.) can crushed tomatoes**
2	**cups low-sodium chicken broth**
¼	**cup golden raisins**
1	**Tbsp. ras el hanout**
2	**sprigs fresh thyme**
1	**bay leaf**
½	**tsp. salt**
½	**tsp. black pepper**

1. Melt butter in a large heavy-bottomed saucepan over medium-low heat. Add salt pork; cook, covered, stirring occasionally, until fat is rendered, about 10 minutes.
2. Add bell pepper, onion, carrots, and celery. Cook, stirring occasionally, until onions are translucent, about 10 minutes. Add garlic; cook, stirring frequently, until aromatic, about 1 minute.
3. Whisk in flour. Cook, whisking constantly, until pale golden in color with a lightly nutty aroma, 3 to 4 minutes.
4. Stir in tomatoes, broth, raisins, ras el hanout, thyme, and bay leaf. Bring to a boil over medium-high heat. Reduce heat to medium-low. Simmer, covered, 45 minutes. Remove from heat. Remove and discard thyme and bay leaf. Let sauce cool, uncovered, about 20 minutes.
5. Working in batches, carefully transfer mixture to a blender and blend until smooth (you can use an immersion blender instead, but it may not be as smooth). Stir in salt and black pepper.

HIDDEN GEM ***HEALTHY***

PER ¼ CUP: 44 CAL; 2G FAT (1G SAT); 2G PRO; 6G CARB (1G FIBER, 3G SUGARS); 152MG SODIUM

SALT PORK

Similar to bacon, salt pork is made from pork belly and cured using a salt brine. But unlike bacon, salt pork is not smoked. Using bacon will add a nontraditional smokiness to sauce tomat.

CAJUN-STYLE VELOUTÉ

HANDS-ON 10 MIN **TOTAL** 45 MIN
MAKES 1¼ CUPS
SUBMITTED BY KATHRYN HENDRIX, RDN
NEW RECIPE GO ONLINE TO RATE & REVIEW

Expand velouté into Cajun territory (a cuisine known for its French influences) with the holy trinity—onion, celery, and green bell pepper—plus Cajun seasoning and hot sauce.

3	**Tbsp. butter**
¼	**cup chopped onion**
¼	**cup chopped celery**
¼	**cup chopped green bell pepper**
3	**Tbsp. flour**
2	**cups low-sodium chicken broth**
1	**tsp. Cajun-style seasoning**
2	**dashes hot sauce (such as Tabasco), or more to taste**

1. Melt butter in a medium saucepan over medium-low heat. Add onion, celery, and bell pepper; cook, stirring occasionally, until softened, about 8 minutes.
2. Whisk in flour. Cook, whisking constantly, until pale golden in color with a lightly nutty aroma, 3 to 4 minutes.
3. Whisk in broth. Bring mixture to a simmer; simmer, uncovered, stirring occasionally, until reduced by half (to about 1¼ cups) and sauce coats the back of a spoon and holds a line when you draw a finger through it, about 30 minutes. Whisk in Cajun seasoning and hot sauce.

HIDDEN GEM

PER ¼ CUP: 101 CAL; 8G FAT (5G SAT); 3G PRO; 6G CARB (1G FIBER, 1G SUGARS); 133MG SODIUM

SAUCE
IT

Serve with shrimp, fried chicken and waffles, or sausage and biscuits.

THE
MOTHER SAUCE
↓

Velouté is made with chicken broth and a blond roux, a mixture of equal parts flour and butter cooked until pale golden in color and just beginning to smell nutty. Velouté won't be as thick as a béchamel or as thin as an espagnole.

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THE MOTHER SAUCE

↓

Sauce tomat is made with salt pork, mirepoix (onion, carrots, and celery), garlic, crushed tomatoes, and chicken broth. It's thickened with a blond roux, a mixture of equal parts flour and butter cooked until pale golden and just beginning to smell nutty. This version simmers on the stovetop, but the sauce is traditionally made in an oven-safe, heavy-bottomed saucepan then cooked in a 350°F oven, covered, about 90 minutes.

RAS EL HANOUT-SPICED SAUCE TOMAT
p. 47

SAUCE IT

Serve over beef and/or lamb meatballs or fried eggs and crusty bread.

CAN'T FIND RAS EL HANOUT? SCAN THE CODE FOR A DIY VERSION.

THE

MOTHER SAUCE

↓

Hollandaise does not contain a roux; instead, it gets its thick and creamy texture by emulsifying egg yolks, lemon juice, and butter.

LIME-HERB HOLLANDAISE

HANDS-ON 15 MIN
TOTAL 15 MIN **MAKES** 1 CUP
SUBMITTED BY KATHRYN HENDRIX, RDN
NEW RECIPE GO ONLINE TO RATE & REVIEW

This new take on hollandaise replaces lemon juice with lime and whisks in fresh herbs.

4 egg yolks
2 tsp. fresh lime juice
10 Tbsp. unsalted butter, melted
2 Tbsp. chopped fresh cilantro, parsley, and/or chives
½ tsp. kosher salt
Pinch of cayenne pepper

1. Put a small glass of warm water by the stovetop. Whisk together egg yolks and lime juice in a medium glass or metal bowl until well combined and smooth (see "Editor's Tip," above, far right). Set bowl over a small saucepan of simmering water (bowl should not touch water). Whisk egg mixture constantly, occasionally moving bowl on and off saucepan, until thickened, light yellow, and doubled in volume (see "Ribbon Stage," below). Remove bowl from heat. If mixture starts to thicken too much, whisk in 1 Tbsp. warm water from the glass. Remove saucepan from heat.

2. Set bowl over steaming water in saucepan. Gradually drizzle melted butter into egg mixture, 1 Tbsp. at a time, whisking constantly until all butter is incorporated (if butter is added too quickly, mixture will separate). Whisk in herbs, salt, and cayenne. If sauce gets too thick or starts to separate, remove from heat and quickly whisk in warm water, 1 tsp. at a time, until desired consistency. Serve immediately.

HIDDEN GEM *QUICK* *GLUTEN-FREE*

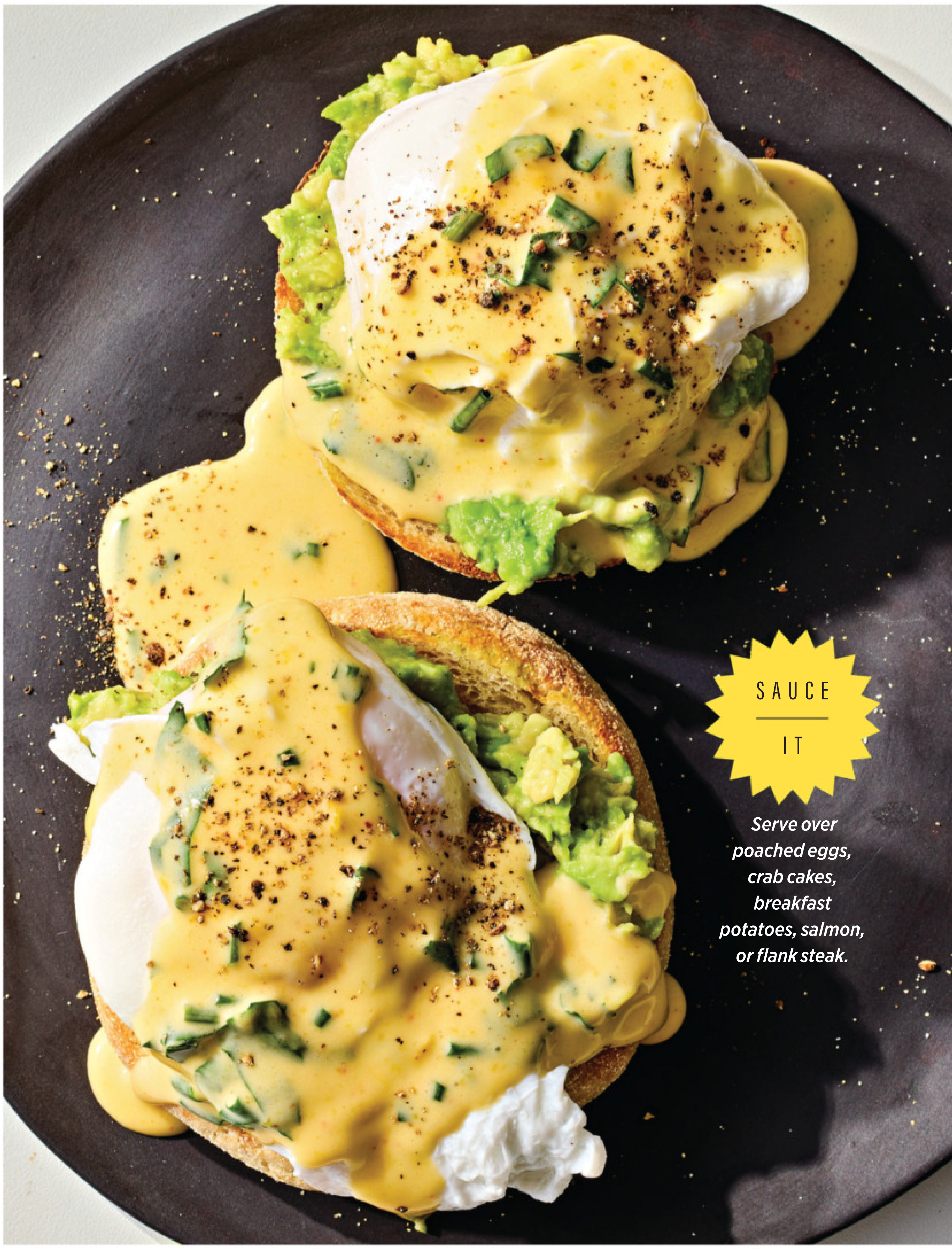
PER 2 TBSP: 155 CAL; 17G FAT (10G SAT); 2G PRO; 0G CARB (0G FIBER, 0G SUGARS); 76MG SODIUM

RIBBON STAGE

The sauce is ready when it reaches the ribbon stage. Dip a whisk in and out of the sauce; the sauce should fall from the whisk in a continuous thick stream and visibly rest on the surface of the sauce for a few moments before reincorporating.

EDITOR'S TIP

You can use glass or stainless steel for the heatproof bowl when emulsifying the eggs and lime (or lemon) juice. A glass bowl will insulate the eggs better and prevent overcooking. A metal bowl is the traditional method and is much quicker. Avoid aluminum or copper bowls—the acid in the citrus will react with those metals and create a metallic flavor.



SAUCE IT

Serve over poached eggs, crab cakes, breakfast potatoes, salmon, or flank steak.

PROMOTION

Five-Star FINDS

RECIPES PRODUCTS EVENTS AND **PROMOTIONS** WORTHY OF A FIVE-STAR RATING ★★★★★

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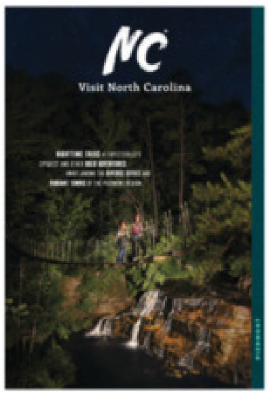
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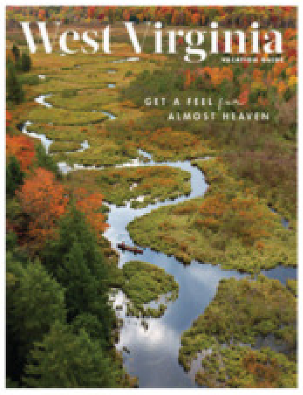
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GET TONIGHT'S DINNER DONE (AND DONE RIGHT)
↓

everyday

NOT-SO-SWEET DESSERTS *p. 52* **DINNER FIX** *p. 58*
SECRET INGREDIENT: COCONUT MILK *p. 64* **PREP SCHOOL: ARTICHOKES** *p. 66*

NOT-SO-SWEET DESSERTS

These recipes downplay sugar and let underrated ingredients prove their worth. Matcha and coffee confirm bitter can be better. Tart grapefruit and rhubarb provide pleasant pucker. Tangy balsamic and passion fruit add intensity to toppers. And an umami punch from tahini is just what cookies have been missing.

↑ COFFEE GRANITA *p. 56*

BY **NATALIE MECHEM** PHOTOS **BRIE GOLDMAN**
FOOD STYLING **LAUREN MCANELLY** PROP STYLING **BREANNA GHAZALI**

RHUBARB-
BUTTERMILK
CLAFOUTIS
p. 56

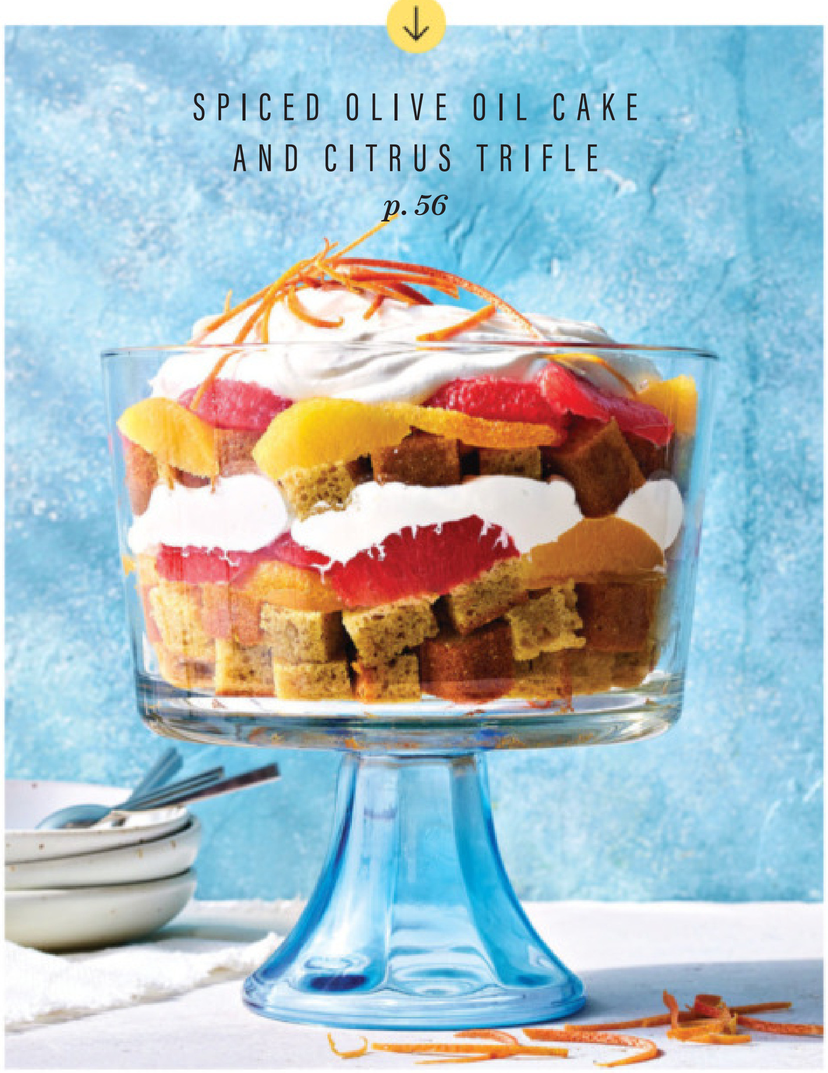
> “I added finely chopped rosemary to the batter and topped the cake with an orange glaze.”
>
> **– KAT O**

STICKY RICE WITH PASSION FRUIT SAUCE

p. 56

SPICED OLIVE OIL CAKE AND CITRUS TRIFLE

p. 56



GREEN TEA KASUTERA

p. 57

TAHINI BUTTER COOKIES

p. 57

BASIL CAKE
WITH BALSAMIC
STRAWBERRIES
p. 57

FRESH TAKE

Sweet-tart balsamic-tossed berries replace the typical cloying cake topper. Fresh basil and cracked pink pepper add sharp, herbaceous notes.

THE RECIPES

COFFEE GRANITA

(pictured on p. 52)

HANDS-ON 15 MIN
TOTAL 3 HR 15 MIN **SERVES** 8
SUBMITTED BY CHEF JOHN
NEW RECIPE GO ONLINE TO RATE & REVIEW

Bold, rich coffee carries the flavor of this flaky frozen treat so you can ice out excess sugar.

3 cups strong brewed black coffee
6 Tbsp. sugar
2 Tbsp. coffee liqueur (optional)
Lightly sweetened whipped cream, for serving

1. Whisk together coffee, sugar, and (if using) coffee liqueur in a medium bowl until sugar is dissolved. Let cool to room temperature.
2. Pour mixture into a 9x13-inch baking dish. Freeze, uncovered, until mixture begins to freeze around the edges, about 1 hour.
3. Gently flake ice crystals with a fork from edges into center of dish, breaking up any large pieces and mixing thoroughly. Freeze 30 minutes more.
4. Flake mixture again, scraping ice crystals loose and mixing thoroughly. Repeat freezing 30 minutes, flaking, and mixing three or four more times, until granita looks light, dry, and fluffy. Serve with whipped cream. (Freeze in an airtight container up to 1 week.)

HIDDEN GEM ***GLUTEN-FREE***

PER ¾ CUP GRANITA: 37 CAL; 0G FAT; 0G PRO; 9G CARB (0G FIBER, 9G SUGARS); 2MG SODIUM

RHUBARB-BUTTERMILK CLAFOUTIS

(pictured on p. 53)

HANDS-ON 10 MIN
TOTAL 1 HR, 30 MIN
SERVES 6
SUBMITTED BY LINDA BREWER
NEW RECIPE GO ONLINE TO RATE & REVIEW

Tart rhubarb amps up this dessert-for-breakfast treat. To use frozen rhubarb, thaw and drain, and skip roasting in Step 1.

1 lb. fresh rhubarb, cut into 1-inch pieces
1 tsp. butter
½ cup flour
⅛ tsp. baking powder
⅛ tsp. salt
3 eggs
1 cup buttermilk
⅓ cup white sugar
1 tsp. vanilla extract
1 tsp. orange zest
1 Tbsp. coarse sugar, such as turbinado
Whipped cream, for serving

1. Preheat oven to 400°F. Line a 10x15-inch rimmed baking sheet with parchment paper. Spread rhubarb in an even layer in prepared pan. Roast until tender, 10 to 15 minutes. Let cool 30 minutes.
2. Reduce oven temperature to 350°F. Grease a 9-inch round or oval baking dish with 1 tsp. butter. Transfer rhubarb to prepared baking dish.
3. Stir together flour, baking powder, and salt in a small bowl. In a large bowl, whisk together eggs, buttermilk, white sugar, vanilla, and orange zest; add flour mixture and stir until batter is smooth. Carefully pour batter over rhubarb in baking dish.
4. Bake until batter is set, about 30 minutes. Sprinkle with coarse sugar. Bake until top is lightly browned, 10 to 15 minutes more. Serve with whipped cream.

HIDDEN GEM

PER ¾ CUP: 167 CAL; 4G FAT (1G SAT); 6G PRO; 27G CARB (2G FIBER, 17G SUGARS); 180MG SODIUM

STICKY RICE WITH PASSION FRUIT SAUCE

(pictured on p. 54)

HANDS-ON 15 MIN
TOTAL 1 HR, 45 MIN
SERVES 8 **SUBMITTED BY** KATHRYN HENDRIX, RDN
NEW RECIPE GO ONLINE TO RATE & REVIEW

Sticky rice with coconut milk is a subtly sweet Thai dessert often served with fresh mango. Here, passion fruit adds sour and snap.

1½ cups water
1¼ cups uncooked glutinous sticky white rice, rinsed well (tip, below right)
1 (13.5- to 14-oz.) can unsweetened coconut milk
½ cup sugar
½ tsp. salt
1 tsp. tapioca starch
2 Tbsp. passion fruit purée
¼ cup pomegranate arils

1. Stir together water and rice in a medium saucepan. Bring to a boil over high heat. Reduce heat to low; simmer, covered, until water is absorbed, 15 to 20 minutes. Let stand 10 minutes.
2. Meanwhile, stir together coconut milk, sugar, and salt in a small saucepan. Bring to a boil over high heat, stirring frequently. Remove from heat.
3. Reserve ⅓ cup of coconut milk mixture for sauce; pour remaining mixture over cooked rice, stirring gently to combine. Let cool, covered, 1 hour.
4. Meanwhile, for sauce, whisk together reserved coconut milk mixture and the tapioca starch in the small saucepan; bring to a boil over high heat, stirring frequently. Cook, stirring constantly, just until thickened, about 2 minutes. Remove from heat. Stir in passion fruit purée.
5. Stir rice just before serving. Drizzle servings with sauce and sprinkle with pomegranate arils. (Chill rice and sauce in separate airtight containers up to 5 days.)

GLUTEN-FREE ***VEGAN***

PER SERVING (½ CUP RICE AND ½ CUP SAUCE): 241 CAL; 8G FAT (6G SAT); 2G PRO; 39G CARB (1G FIBER, 15G SUGARS); 158MG SODIUM

SPICED OLIVE OIL CAKE AND CITRUS TRIFLE

(pictured on p. 54)

HANDS-ON 20 MIN
TOTAL 20 MIN **SERVES** 8
SUBMITTED BY JULIANA HALE
NEW RECIPE GO ONLINE TO RATE & REVIEW

Layer spiced orange cake with zesty whipped cream and fresh citrus for a trifle that is airy and pleasantly bittersweet.

2 grapefruits
3 oranges
1 Tbsp. sugar
1½ cups whipping cream
Spiced Orange Olive Oil Cake, cut in 1-inch cubes (recipe, opposite)

1. Using a vegetable peeler, remove a thick strip of peel from a grapefruit. Scrape off any white pith and cut strip into thin slivers, for garnish. Remove 1 tsp. zest from grapefruit.
2. Trim tops and bottoms from grapefruits and oranges to expose segments. Using a sharp paring knife, section grapefruits and oranges into suprêmes, cutting away all peel, pith, and membranes and removing any seeds (see tip, opposite).
3. Using your hands, rub together grapefruit zest and sugar in a medium bowl until mixture resembles wet sand. Add whipping cream. Beat with an electric mixer at medium speed until soft peaks form.
4. Put half of the cake cubes in a 2-qt. trifle dish. Top with half of grapefruit and orange sections. Top with half of whipped cream. Repeat layers once more. Garnish with slivered grapefruit peel.

HIDDEN GEM

PER 1 CUP: 568 CAL; 38G FAT (14G SAT); 8G PRO; 53G CARB (3G FIBER, 32G SUGARS); 301MG SODIUM

←

EDITOR'S TIP

Find glutinous rice (also called sweet rice) at Asian markets or online. Or substitute sushi rice or a similar short-grain sticky rice and increase water to 1¾ cups.

> *"I couldn't get enough of this sponge cake. It's light but very tasty."*
>
> – KEVIN REGIS

SPICED ORANGE OLIVE OIL CAKE

HANDS-ON 15 MIN
TOTAL 1 HR, 10 MIN
MAKES 1 (4x8-INCH) LOAF
SUBMITTED BY CHEFJACKIE

★★★★½ 23 REVIEWS

4 eggs
¾ cup sugar
⅔ cup extra-virgin olive oil
2 tsp. orange zest (from 2 oranges)
1 tsp. five-spice powder
1½ cups flour
1 Tbsp. baking powder
¼ tsp. salt

1. Preheat oven to 350°F. Grease a 4x8-inch loaf pan and line with parchment paper, extending parchment over two sides of pan.
2. Beat eggs in a large bowl with an electric mixer at medium-low speed until thickened and light in color, about 2 minutes. Add sugar, oil, orange zest, and five-spice powder. Beat until smooth. In a medium bowl, stir together flour, baking powder, and salt; fold into egg mixture until batter is just combined. Pour batter into prepared pan.
3. Bake until a toothpick inserted in center comes out clean, about 45 minutes. Let cool in pan on a wire rack 10 minutes. Remove cake from pan and let cool completely on wire rack. (Store in an airtight container at room temperature up to 3 days or freeze up to 3 months. Thaw at room temperature.)

PER 1 (1-INCH-THICK) SLICE: 356 CAL; 21G FAT (3G SAT); 6G PRO; 37G CARB (1G FIBER, 19G SUGARS); 289MG SODIUM

HOW TO CUT
CITRUS SUPRÊMES

GREEN TEA KASUTERA

(pictured on p. 54)

HANDS-ON 15 MIN
TOTAL 1 HR, 15 MIN
SERVES 8 **SUBMITTED BY** YZNL

★★★★½ 3 REVIEWS

Kasutera, or castella, is a moist, bouncy Japanese sponge cake. Matcha adds an earthy sweetness.

⅔ cup sugar
4 egg whites
4 egg yolks
2 Tbsp. grapeseed oil
2 Tbsp. honey
2 Tbsp. milk
1 cup flour
2 tsp. matcha (green tea powder)

1. Preheat oven to 325°F. Grease a 4x8-inch loaf pan and line with parchment paper, extending parchment over two sides of pan.
2. Beat sugar and egg whites in a large bowl with an electric mixer at medium speed until stiff peaks form. Add egg yolks and beat until fully incorporated. In a small bowl, whisk together oil, honey, and milk; add to egg mixture and mix until combined.
3. Sift flour and matcha two times into a small bowl; fold into egg mixture until combined (a few small lumps will remain). Pour batter into prepared pan.
4. Bake until a toothpick inserted in center comes out clean, about 50 minutes. Let cool in pan 10 minutes. Remove cake from pan and let cool completely on a wire rack.
5. Invert loaf and trim sides, leaving crust on top and bottom. (Store in an airtight container at room temperature up to 5 days.)

HIDDEN GEM

PER 1 SLICE: 206 CAL; 6G FAT (1G SAT); 5G PRO; 34G CARB (0G FIBER, 21G SUGARS); 34MG SODIUM

TAHINI BUTTER COOKIES

(pictured on p. 54)

HANDS-ON 20 MIN
TOTAL 2 HR, 35 MIN
MAKES 28 **SUBMITTED BY** KATHRYN HENDRIX, RDN
NEW RECIPE GO ONLINE TO RATE & REVIEW

Tahini adds nutty, savory notes to these melt-in-your-mouth cookies.

¾ cup butter, softened
1 cup tahini (sesame seed paste)
¾ cup packed brown sugar
1 Tbsp. vanilla extract
1 tsp. baking powder
½ tsp. salt
2 cups flour
¼ cup white and/or black sesame seeds (optional)

1. Mix butter and tahini in a large bowl with an electric mixer at medium speed until combined, about 30 seconds. Add brown sugar, vanilla, baking powder, and salt. Mix at medium speed, scraping sides of bowl as needed, 1 minute. Stir in flour until combined. Chill, covered, at least 2 hours or up to 12 hours.
2. Preheat oven to 350°F. Line 2 (10x15-inch) cookie sheets with parchment paper. If using, put sesame seeds in a small bowl.
3. Roll dough into 1¼-inch balls. Dip tops of balls in sesame seeds (if using) to lightly coat; arrange 1½ inches apart on prepared cookie sheets.
4. Bake until bottoms are light brown, about 12 minutes. Let cool on cookie sheets 2 minutes. Transfer cookies to wire racks; let cool completely. (Store in an airtight container at room temperature up to 5 days.)

HIDDEN GEM

PER 1 COOKIE: 151 CAL; 10G FAT (4G SAT); 2G PRO; 15G CARB (1G FIBER, 6G SUGARS); 103MG SODIUM

BASIL CAKE WITH BALSAMIC STRAWBERRIES

(pictured on p. 55)

HANDS-ON 15 MIN **TOTAL** 1 HR, 30 MIN
SERVES 12
SUBMITTED BY JENNIFER MACIAS

★★★★½ 8 REVIEWS

1 cup sour cream
4 eggs, lightly beaten
½ cup vegetable oil
1 (15.25-oz.) pkg. white cake mix (2-layer size)
2 Tbsp. chopped fresh basil, plus leaves for garnish
⅔ cup balsamic vinegar
1 Tbsp. honey
1 lb. fresh strawberries, hulled and quartered (3 cups)
Powdered sugar (optional)
Cracked pink or black peppercorns, for garnish

1. Preheat oven to 350°F. Generously grease and flour a 10-inch fluted tube pan.
2. Stir together sour cream, eggs, and oil in a large bowl. Stir in cake mix and basil. Beat with an electric mixer at medium speed until smooth, 2 minutes. Spread batter in prepared pan. (Batter will be shallow.)
3. Bake until cake is browned and a toothpick inserted into thickest part comes out clean, 40 to 45 minutes. Let cool in pan 20 minutes. Carefully invert cake onto a wire rack; let cool completely.
4. Meanwhile, for syrup, stir together balsamic vinegar and honey in a small saucepan. Bring to a boil. Reduce heat to low and simmer until reduced to ⅓ cup, about 12 minutes. Remove from heat. Let cool to room temperature.
5. Just before serving, stir together strawberries and syrup in a large bowl. Lightly dust cake with powdered sugar (if using). Top slices with strawberries and garnish with pepper and basil leaves. (Chill syrup in an airtight container up to 3 months. Store cake in an airtight container at room temperature up to 3 days or freeze up to 3 months. Thaw at room temperature.)

HIDDEN GEM

PER SERVING (1 SLICE CAKE AND ¼ CUP STRAWBERRIES): 335 CAL; 16G FAT (5G SAT); 5G PRO; 43G CARB (1G FIBER, 24G SUGARS); 336MG SODIUM

DINNER FIX

Spring-clean your cupboards! These 30-minute meals call on pantry staples to cut prep time.

BY NATALIE MECHEM

CHEESY SAUSAGE AND TORTELLINI SKILLET WITH SPINACH
p. 63

Harissa Chickpea Stew

HANDS-ON 20 MIN **TOTAL** 20 MIN
SERVES 4 **SUBMITTED BY** DINEHAUS

★★★★★ 2 REVIEWS

Quick-simmer chickpeas in a spiced tomato sauce for comfort food done right. Tender rice and a sunny-side up egg seasoned with za'atar bring this dish together.

1	**Tbsp. vegetable oil**
1	**medium onion, chopped (1 cup)**
2	**medium cloves garlic, minced (2 tsp.)**
4	**tsp. ras el hanout (tip, below right)**
1	**Tbsp. harissa paste**
½	**tsp. salt**
1	**(15-oz.) can fire-roasted diced tomatoes**
1	**(15-oz.) can chickpeas, drained and rinsed**
½	**cup low-sodium vegetable broth**
¼	**cup chopped fresh cilantro, plus more for garnish**
3	**cups hot cooked basmati rice**
4	**fried eggs (tip, below right)**
	Za'atar (tip, above right)
	Lemon wedges, for serving

1. Heat oil in a medium saucepan over medium heat. Cook onion, stirring occasionally, until softened, about 2 minutes. Stir in garlic; cook until fragrant, about 30 seconds. Stir in ras el hanout, harissa, and salt. Cook about 30 seconds more. Add tomatoes, chickpeas, and broth. Bring to a boil; reduce heat to low and simmer, covered, about 10 minutes to allow flavors to meld.

2. Stir in cilantro. Serve stew over rice. Top each serving with an egg and sprinkle with za'atar. Garnish with cilantro and serve with lemon wedges.

QUICK ***VEGETARIAN*** ***GLUTEN-FREE***

PER SERVING (¾ CUP RICE, 1 CUP STEW, AND 1 EGG): 405 CAL; 12G FAT (3G SAT); 15G PRO; 55G CARB (7G FIBER, 4G SUGARS); 911MG SODIUM

PHOTOS: KELSEY HANSEN; FOOD STYLING: ANNIE PROBST; PROP STYLING: LEXI JUHL

ZA'ATAR

This seasoning mix typically contains dried thyme, sumac, oregano, and sesame seeds. It adds a pleasant, zesty lift to dishes.

HOW TO FRY AN EGG

Coat a large nonstick skillet with cooking spray; heat over medium. Break 4 ***eggs*** *into skillet. Sprinkle with ¼ tsp.* ***salt*** *and ⅛ tsp.* ***black pepper.*** *Reduce heat to medium-low. Cook until whites are completely set and yolks start to thicken, 3 to 4 minutes.*

RAS EL HANOUT

This Moroccan spice translates to "top shelf" in Arabic. It is a blend of warming spices such as cinnamon, nutmeg, coriander, and allspice.

> *"I loved these! I served the burgers with chipotle mayonnaise and avocado."*
>
> – DEBBIE

STOVETOP SPIN

Cook patties in a nonstick skillet over medium-low heat, turning halfway through, 8 to 10 minutes or until an instant-read thermometer inserted into centers registers 165°F.

Grilled Black Bean-Turkey Burgers

HANDS-ON 10 MIN **TOTAL** 20 MIN
SERVES 8 **SUBMITTED BY** JACHANDL

★★★★☆ 111 REVIEWS

All-in-one onion soup mix serves as the seasoning for these lean patties. Canned beans add moisture to keep the patties juicy.

1 lb. ground turkey
1 (15-oz.) can black beans, drained, rinsed, and lightly mashed
¾ cup grated Parmesan cheese (3 oz.)
½ cup panko bread crumbs
1 egg, lightly beaten
1 (1-oz.) pkg. dry onion soup mix
8 hamburger buns, toasted
Garlicky Aioli (recipe, below) or purchased aioli (optional)
Desired toppers, such as quick-pickled red onion and/or arugula (optional)

1. Preheat an outdoor grill to medium-high heat (375°F to 400°F).
2. Gently stir together turkey, beans, Parmesan, panko, egg, and soup mix in a large bowl. Shape into 8 patties.
3. Oil grill grates. Cook patties, turning halfway through, 8 to 10 minutes or until an instant-read thermometer inserted into centers registers 165°F. Serve with Garlicky Aioli and desired toppers (if using).

QUICK

PER 1 BURGER (WITHOUT TOPPERS): 337 CAL; 23G FAT (5G SAT); 18G PRO; 15G CARB (3G FIBER, 1G SUGARS); 884MG SODIUM

GARLICKY AIOLI

*Stir together ¾ cup **mayonnaise**, 2 to 3 Tbsp. **lemon juice,** 1 Tbsp. minced **garlic**, ¾ tsp. **salt,** and ½ tsp. **black pepper.** Chill, covered, until ready to serve (or up to 3 days). Makes about 1 cup.*

SO SAUCY

If you like, stir fresh lime juice and zest into Mexican crema, sour cream, or Greek yogurt to serve alongside this dish.

SAUTÉED GARLIC SHRIMP WITH CILANTRO

p. 63

> "We didn't have Fontina cheese, so we used shredded mozzarella."
>
> – **ERIN D**

CHICKEN PESTO PIZZA

PHOTO (PIZZA): BRIE GOLDMAN; FOOD STYLING: ANNIE PROBST; PROP STYLING: BREANNA GHAZALI

Chicken Pesto Pizza

HANDS-ON 10 MIN **TOTAL** 30 MIN
SERVES 8 **SUBMITTED BY** LISA

★★★★½ 221 REVIEWS

Shortcut ingredients—purchased pizza dough, pesto, and rotisserie chicken—make for a supper that's on the table faster than delivery.

- **1 lb. purchased fresh pizza dough (see "Stock It," below)**
- **1 tsp. olive oil**
- **⅓ cup purchased basil pesto**
- **1½ cups shredded rotisserie chicken**
- **1 (6-oz.) jar quartered artichoke hearts, drained**
- **1 cup cherry tomatoes, halved**
- **1 cup shredded Fontina cheese (4 oz.)**
- **Fresh basil leaves, for garnish**

1. Preheat oven to 425°F. Lightly grease a large baking sheet.
2. On a lightly floured surface, roll pizza dough into a 12-inch circle. Transfer to prepared baking sheet. Brush edges with oil. Bake 10 minutes.
3. Spread pesto in an even layer over crust, leaving a 1-inch border. Top evenly with chicken, artichoke hearts, and tomatoes. Sprinkle with cheese. Bake until cheese is melted and crust is golden brown, about 10 minutes. Cut into 8 slices.

QUICK

PER 1 SLICE: 303 CAL; 13G FAT (5G SAT); 17G PRO; 30G CARB (1G FIBER, 5G SUGARS); 558MG SODIUM

↑

STOCK IT

To make this even more pantry friendly, keep a 12-inch prepared pizza crust on hand in place of refrigerated dough (adjust timings and temperatures as directed on the package).

SAVE A BOWL

If you like, skip Step 1. Stir the 4 Tbsp. cilantro into the shrimp mixture in Step 5 all at once.

→

Cheesy Sausage and Tortellini Skillet with Spinach

(pictured on p. 58)

HANDS-ON 15 MIN **TOTAL** 30 MIN
SERVES 8 **SUBMITTED BY** KATHRYN HENDRIX, RDN, LD
NEW RECIPE GO ONLINE TO RATE & REVIEW

A jar of marinara, no-prep baby spinach, and fast-cooking tortellini help get this cheesy dinner on the table in 30 minutes.

- **1 (13.5- to 14-oz.) pkg. smoked sausage, cut into ¼-inch-thick slices**
- **1 medium red bell pepper, sliced**
- **1 medium onion, chopped (1 cup)**
- **3 medium cloves garlic, minced (1 Tbsp.)**
- **1 (5-oz.) pkg. baby spinach**
- **1 (12-oz.) pkg. refrigerated cheese tortellini, cooked according to package directions**
- **1 (24-oz.) jar less-sodium marinara sauce**
- **1½ cups shredded mozzarella cheese (6 oz.)**
- **½ cup grated Parmesan cheese (2 oz.)**
- **1 Tbsp. chopped fresh oregano, plus more for garnish**
- **Crushed red pepper, for garnish**

1. Preheat oven to 375°F. Heat a very large oven-safe skillet over medium-high heat. Cook sausage, stirring occasionally, until browned, about 5 minutes. Add bell pepper, onion, and garlic. Reduce heat to medium. Cook, stirring occasionally, until vegetables are tender, about 8 minutes. Add spinach; cook, stirring frequently, until wilted, about 2 minutes.
2. Stir in cooked tortellini, marinara sauce, 1 cup mozzarella, ¼ cup Parmesan, and the oregano. Top with remaining ½ cup mozzarella and ¼ cup Parmesan.
3. Transfer skillet to oven and bake until cheese is melted and bubbly, 15 to 20 minutes. Garnish with crushed red pepper and oregano.

HIDDEN GEM ***QUICK***

PER 1 CUP: 438 CAL; 25G FAT (9G SAT); 23G PRO; 30G CARB (2G FIBER, 5G SUGARS); 897MG SODIUM

Sautéed Garlic Shrimp with Cilantro

(pictured on p. 61)

HANDS-ON 20 MIN **TOTAL** 30 MIN
SERVES 4 **SUBMITTED BY** EMILY

★★★★½ 29 REVIEWS

Dress up jarred salsa with fresh cilantro and plenty of garlic. Serve the flavorful sauce over tender shrimp and soak up every last bit with warmed tortillas.

- **1½ lb. extra-large shrimp (26-30/lb.), peeled and deveined, tails on if desired**
- **4 Tbsp. chopped fresh cilantro**
- **2 Tbsp. olive oil**
- **½ cup chopped onion**
- **1 red bell pepper, finely chopped (1 cup)**
- **5 medium cloves garlic, minced (5 tsp.)**
- **¾ cup dry white wine**
- **1 (16-oz.) jar salsa**
- **Cracked black pepper, for garnish**
- **Corn tortillas, Mexican crema, and/or lime wedges, for serving**

1. Toss together shrimp and 2 Tbsp. cilantro in a large bowl (see "Save a Bowl," above left).
2. Heat oil in a large skillet over medium heat. Cook onion and bell pepper until tender, about 4 minutes. Add garlic; cook until fragrant, about 1 minute.
3. Add wine, then use a wooden spoon or spatula to scrape up any browned bits from bottom of skillet. Bring to a boil. Reduce heat to low and simmer until wine is reduced by half, about 4 minutes. Stir in salsa; bring to a boil. Reduce heat and simmer 2 to 3 minutes to allow flavors to meld.
4. Add shrimp mixture. Cook over medium heat, stirring frequently, until shrimp are opaque, 2 to 3 minutes.
5. Sprinkle shrimp mixture with remaining 2 Tbsp. cilantro. Garnish with black pepper. Serve with tortillas, Mexican crema, and/or lime wedges.

QUICK ***GLUTEN-FREE***

PER 1 CUP: 298 CAL; 9G FAT (1G SAT); 31G PRO; 13G CARB (1G FIBER, 9G SUGARS); 995MG SODIUM

SECRET INGREDIENT

COCONUT MILK

A can of coconut milk adds dairy-free creaminess and sweet, nutty flavor to sauces, sides, and desserts.

BY ELIZABETH FOGARTY

PHOTOS: JACOB FOX; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: BREANNA GHAZALI

1

SATAY SAUCE

Whisk together 1 cup **canned unsweetened coconut milk,** ½ cup **peanut butter,** 1 Tbsp. **less-sodium soy sauce,** 2 tsp. **brown sugar,** and 1 tsp. **crushed red pepper** in a medium bowl. Pair with grilled shrimp skewers or use as a dip for veggies. Chill in an airtight container up to 1 week. Makes about 2 cups.

→

2

3

4

1 COCONUT MILK ICE CREAM

Whisk together 1 (13.5-oz.) can **unsweetened coconut milk,** ⅓ cup **sugar,** 1½ tsp. **vanilla extract,** and ⅛ tsp. **salt** in a small bowl until sugar dissolves. Chill until cold, at least 2 hours. Churn in an ice cream maker according to manufacturer's directions. Freeze in an airtight container at least 4 hours or up to 3 months. Makes 2½ cups.

2 COCONUT-LIME DRESSING

Add ⅓ cup **canned unsweetened coconut milk,** ¼ cup **vegetable oil,** 1 tsp. **lime zest,** 3 Tbsp. **lime juice,** 2 Tbsp. minced **green onion,** and 1 Tbsp. each **fish sauce** and **honey** to a canning jar. Screw on lid and shake until combined. Chill up to 1 week. Makes 2 cups.

3 COCONUT RICE

Stir together 1½ cups rinsed **jasmine rice,** 1 (13.5-oz.) can **unsweetened coconut milk,** 1¼ cups **water,** 2 tsp. **sugar,** and 1½ tsp. **salt** in a medium saucepan until sugar dissolves. Bring to a boil over medium heat. Reduce heat to low and simmer, covered, about 10 minutes. Remove from heat; let stand until liquid is absorbed, about 10 minutes. Stir in 1 tsp. **coconut oil.** Makes about 4½ cups.

4 CREAMY MASHED POTATOES

Replace dairy with unsweetened coconut milk in your mashed potatoes. Season to taste with curry powder, garam masala, or fresh lime juice and zest. Top off with cracked black pepper and desired fresh herbs.

PLUS ONE MORE RECIPE TO USE COCONUT MILK:
CURRIED MUSSELS WITH LIME, *p. 29*

PREP SCHOOL

ARTICHOKES

On the outside, fresh artichokes can seem spiky, thorny, and difficult to work with, but fear not: Our step-by-step guide helps you make the most of this spring beauty. BY MARY ANDINO

GETTING TO THE HEART OF IT

STEP 1

Cut off stem. Pull off rough, green outer leaves until you get to the soft, light-color leaves at the center.

STEP 2

With a sharp paring knife, cut off remaining soft leaves, exposing the heart. Trim any remaining green rough bits from the bottom of the artichoke.

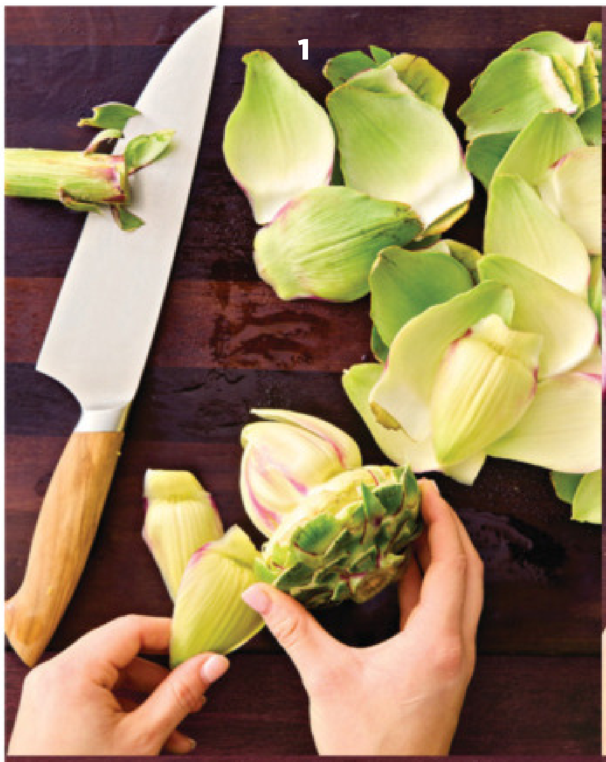
STEP 3

Hold artichoke half firmly and—using a little muscle—scoop out the rough, hairy choke at the middle of the heart with a spoon; discard.

STEP 4

To prevent browning, soak prepared artichoke hearts in a bowl of cold lemon water until ready to use.

1



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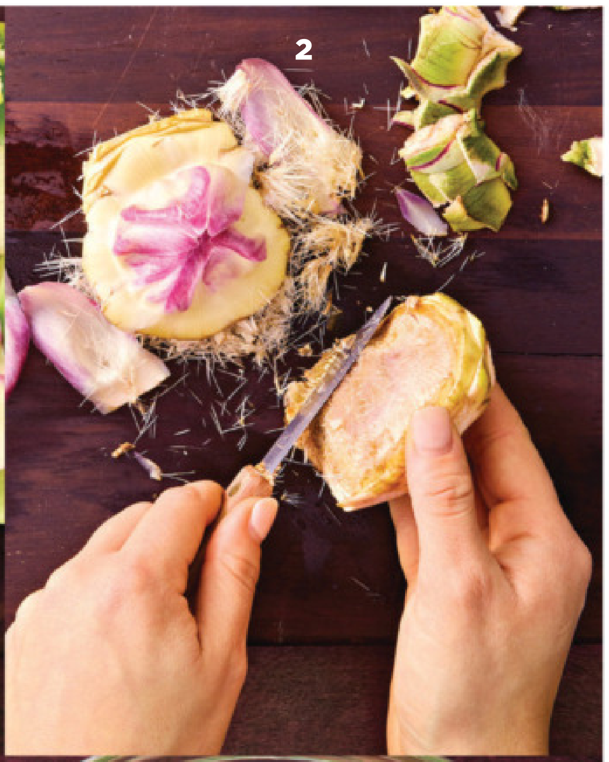

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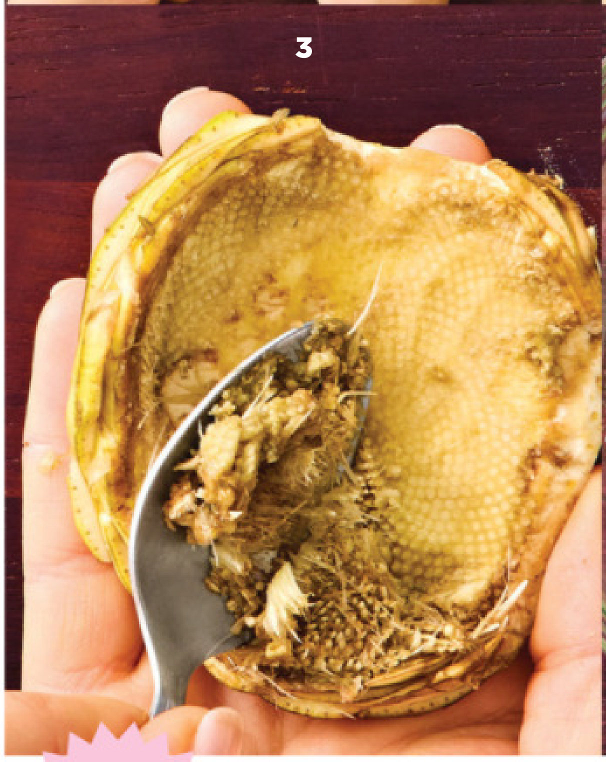

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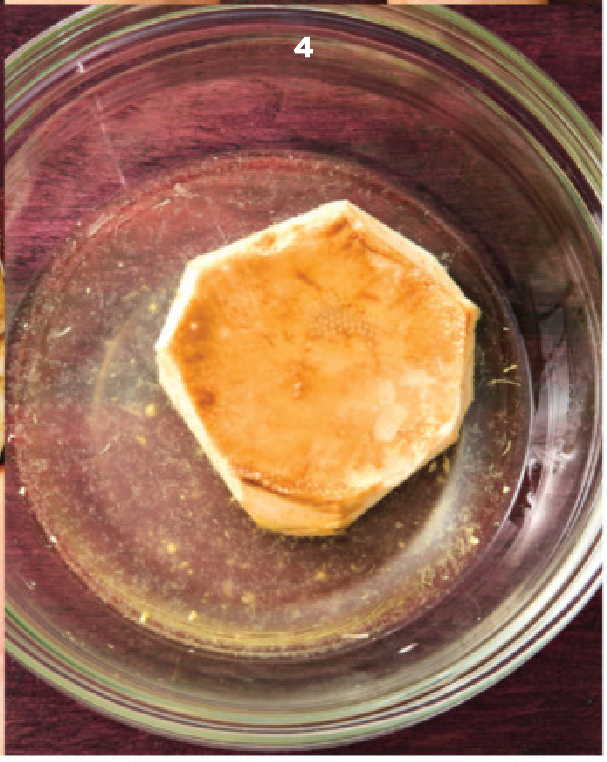


TOOLS

Chef's knife, paring knife, and spoon

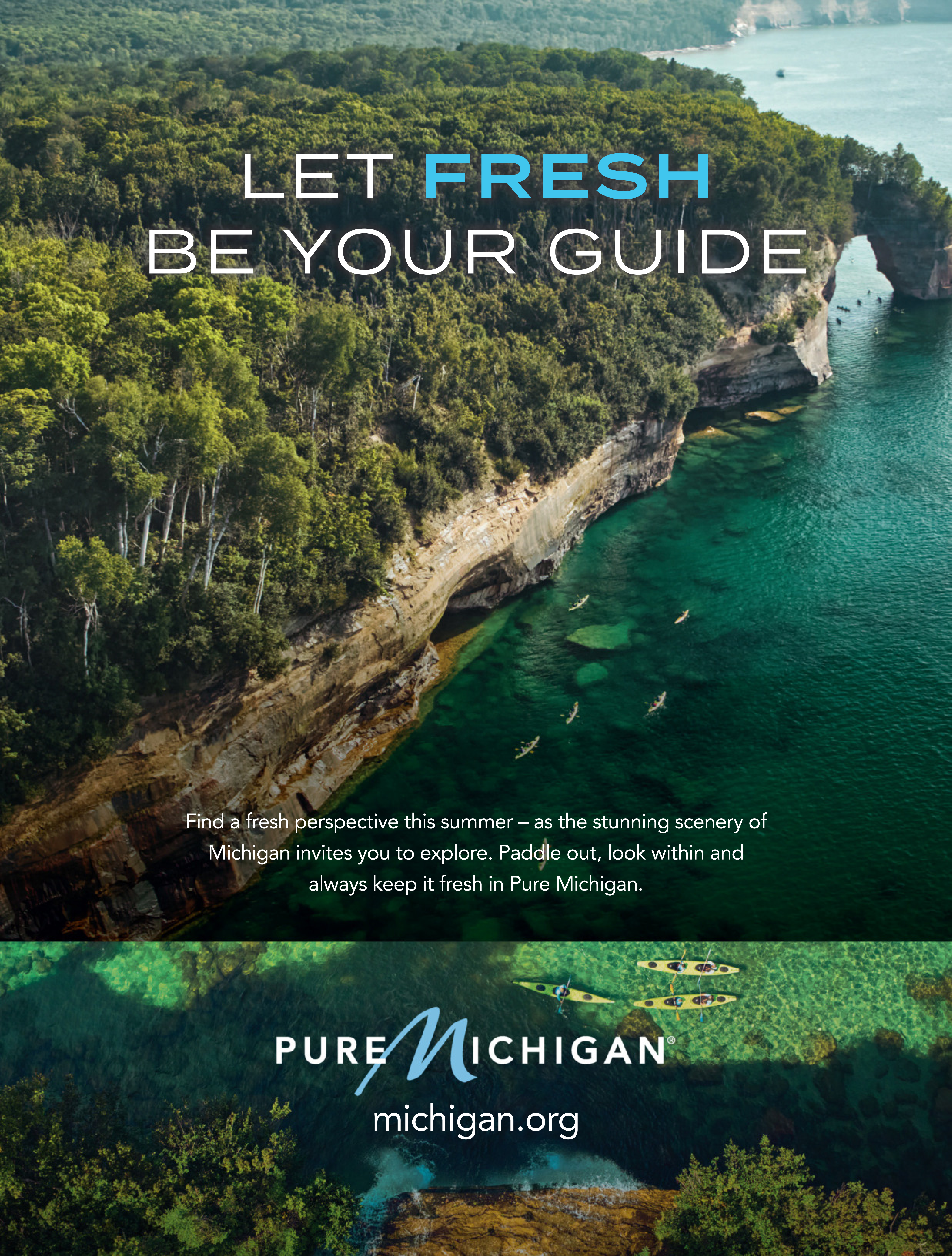
COOKING TIPS

Braise the hearts in white wine and olive oil in a medium skillet over medium-high heat until very tender, about 20 minutes. Or roast in individual foil packets with olive oil and lemon juice set in a baking dish in a 375°F oven for about 40 minutes.

PHOTOS: JACOB FOX; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: BREANNA GHAZALI

FLAVOR FRIENDS

Artichokes have a delicate earthy flavor, so it's a good idea to pair them with herbs and fat to create a well-rounded dish with oomph. Lemon, olive oil, and thyme are natural complements, and punchy cheeses like Fontina and feta add salt and richness.



LET FRESH
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balance

Taco-seasoned turkey sausage patties + mashed avocado + pickled red onion + crumbled queso fresco
p. 71

PHOTOS: JACOB FOX; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: BREANNA GHAZALI

HEALTHY SPINS: BETTER BREAKFAST *p. 70* **FOOD FOR THOUGHT: COLOR CODED** *p. 72* **REDO FOR YOU: RANCH TO THE RESCUE** *p. 78*

BETTER BREAKFAST

Freezer-aisle breakfast sausage and sammies may be ultra-convenient, but they're often loaded with saturated fat and sodium. Try these prep-ahead patties instead. Lean turkey, tart apple, and your choice of salt-free seasoning blends provide bold flavor in every juicy bite.

BY CAITLYN DIIMIG, RD

MAKE SAMMIES

Layer patties and desired fixings (go easy on the cheese!) in whole-wheat English muffins for easy breakfast sandwiches. Add a sunny-side up egg for even more protein.

MAKE AHEAD

This recipe easily doubles. Chill cooled patties in an airtight container up to 3 days or freeze up to 3 months. To reheat patties, wrap a patty in a paper towel and microwave on High until heated through, about 30 seconds. (If reheating a frozen patty, microwave 45 to 60 seconds, turning halfway through.)

OUR VERSION

Most store-bought pork breakfast sausage patties contain around 3 g saturated fat and 220 mg sodium in just 1 oz. Our 3-oz. turkey sausage patty provides just 1 g saturated fat and 140 mg sodium, so you get more meat *and* less sodium and saturated fat.

↓

Turkey Sausage Patties

HANDS-ON 10 MIN **TOTAL** 25 MIN
SERVES 6 **SUBMITTED BY** KATHRYN HENDRIX, RDN, LD
NEW RECIPE GO ONLINE TO RATE & REVIEW

Double-check the ingredients list to ensure the seasoning blend you choose is salt-free.

- **1 lb. 90% to 99% lean ground turkey or chicken**
- **½ cup shredded peeled apple**
- **1 tsp. salt-free seasoning (such as Italian, taco, poultry, ras el hanout, or curry powder)**
- **¾ tsp. black pepper**
- **¼ tsp. salt**

1. Stir together ground turkey, apple, salt-free seasoning, pepper, and salt in a large bowl until well combined. Shape mixture into 6 (¼-inch-thick) patties, 4 inches in diameter (about 3 oz. per patty). Coat both sides of patties with cooking spray.

2. Heat a very large nonstick skillet over medium heat. Working in batches if needed, add patties and cook, turning halfway through, about 6 minutes or until browned on both sides and an instant-read thermometer inserted into centers registers 165°F. Remove from skillet; cover to keep warm.

HIDDEN GEM ***HEALTHY*** ***QUICK***

PER 1 (3-OZ.) PATTY: 117 CAL; 6G FAT (1G SAT); 15G PRO; 2G CARB (0G FIBER, 1G SUGARS); 140MG SODIUM

Italian-seasoned patties + pesto + roasted red bell peppers + shredded provolone

→

Curry powder-seasoned patties + mango chutney + fresh arugula

→

Ras el hanout-seasoned patties + harissa sauce + goat cheese crumbles + fresh spinach

↓

←

Poultry-seasoned patties + caramelized onions + shredded Gruyère

COLOR CODED

STRUGGLING TO EAT ENOUGH FRUITS AND VEGGIES? HERE'S A SIMPLE STRATEGY TO BOOST YOUR PRODUCE INTAKE: EAT THE RAINBOW.

BY NATALIE RIZZO, MS, RD

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DOES THE OLD ADAGE "AN APPLE A DAY KEEPS THE DOCTOR AWAY" RING TRUE?

Fruits and vegetables provide a bevy of the nutrients (fiber, vitamins, minerals, and antioxidants) needed for everyday living and to prevent long-term health conditions. Consuming a variety of produce is key for overall health, so add more to your grocery cart than just apples. Switch up the types of fruits and vegetables you eat throughout the week to enjoy a diverse array of nutrients.

Eating the proverbial rainbow is an excellent strategy to help you meet intake goals. The Dietary Guidelines for Americans recommend that most adults consume 1½ to 2 cups of fruits and 2 to 3 cups of vegetables daily (see "Make It Count," page 77). The average American age 19 or older does not meet these recommendations. Children and adolescents ages 9 to 18 are also not meeting their produce goals. By picking a fruit or vegetable from every color category throughout the week, you can make a dent in your goals and fight flavor fatigue. Not to mention, the different colors of fruits and vegetables hint at the nutrients each provides. Read on to see how a spectrum of hues affects your health.

THINK PINK (& RED)

Red and pink pigments indicate the nutrient lycopene, says Maggie Moon, a Los Angeles-based registered dietitian and author of *The MIND Diet: 2nd Edition* (Ulysses Press, 2024, $17). "Lycopene protects cells from damage and may help prevent Alzheimer's disease, prostate cancer, and heart disease," Moon says.

According to a 2022 review published in *International Journal of Molecular Sciences,* consuming a serving of lycopene-rich tomatoes every day is associated with reduced risk of cardiovascular disease.

ADD TO CART: *Beets, cherries, cranberries, pomegranates, red bell peppers, strawberries, tomatoes, watermelon*

SEEING ORANGE

Orange produce is high in vitamin A, lutein, and zeaxanthin, which help keep our eyes healthy. "Studies show that lutein and zeaxanthin can delay the progression of eye diseases, such as age-related macular degeneration and cataracts," says Massachusetts-based registered dietitian Kate Wilson McGowan.

According to the American Academy of Ophthalmology, vitamin A helps keep our eyes moisturized and lubricated and can help us see better in low-light situations.

ADD TO CART: *Cantaloupe, carrots, oranges, persimmons, pumpkin, sweet potatoes, winter squash*

IVORY ASSETS

It's time to retire the thinking that white foods aren't nutritious. Potatoes and cauliflower can improve blood pressure thanks to their potassium content. Most Americans don't consume enough potassium, but a large potato can provide about 30 percent of the daily value, and a cup of chopped cauliflower will net you nearly 10 percent.

Garlic packs a one-two punch of flavor and nutrition. A 2022 meta-analysis of 20 studies, published in *Frontiers in Pharmacology,* concluded garlic intake may significantly reduce the risk of gastric (stomach) and colorectal cancers.

And don't discount the fiber content of many white ingredients. "These foods contain fiber, which helps with digestion, blood sugar control, and weight management," says Samantha Cassetty, a New York City-based registered dietitian and co-author of *Sugar Shock* (Hearst Home, 2020, $20). "Due to fiber's role in gut health, it also supports mood regulation, immune health, and nutrient absorption."

ADD TO CART: *Cauliflower, garlic, mushrooms, onions, potatoes*

SAVE SOME GREEN

From 2019 to 2023, the cost of groceries increased by 25 percent, according to the United States Department of Agriculture (USDA).

Americans ages 18 to 30 and adults of any age making $50,000 or less annually are more likely to report cost as a barrier to eating produce, according to a 2024 study published in the *Cureus Journal of Medical Science.* Here are a few ways to keep grocery bills in check:

- **OPT FOR LOWER-COST PRODUCE** Apples, broccoli, cantaloupe, carrots, celery, green beans, peas, potatoes, and romaine are among the least pricey fruits and vegetables, according to data from the USDA.
- **DON'T PAN THE CAN** The nutritional value of canned, as well as frozen, fruits and veggies is similar to that of fresh, says Kate Wilson McGowan, RD. Look for low-sodium and unsweetened canned and frozen items.
- **BE SEASON SAVVY** Opt for seasonal selections, which are often priced lower than out-of-season produce, suggests Maggie Moon, RD.
- **AVOID FOOD WASTE** When meal planning, opt for using fresh produce first and canned or frozen items later in the week.

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HELLO YELLOW

Many golden-hued produce items provide fiber, an important nutrient most Americans don't get enough of. "Fiber aids digestion, promotes fullness, controls cholesterol and blood sugar levels, and can regulate inflammation via its role in supporting a healthy gut microbiome," says Samantha Cassetty, RD.

Yellow foods often contain meaningful amounts of vitamin C, too. "Vitamin C is an antioxidant that helps stabilize cells from damage that can lead to numerous diseases, including heart disease, cancer, diabetes, and neurodegenerative diseases," Cassetty says.

One large yellow pepper has more than three times the amount of vitamin C you need in a day.

ADD TO CART:
Bananas, corn, pineapple, yellow bell peppers, yellow onions

GREEN MACHINE

Leafy greens and kiwi contain vitamin K, a nutrient needed for bone health. Leafy greens also contain nutrients that may help cognition. "One study of adults age 58 and older found those who ate about a serving a day of leafy greens had the brainpower of people 11 years younger," Cassetty says.

Avocados may improve cognition, too. A 2021 study published in *Frontiers in Nutrition* found avocado eaters had significantly higher cognitive scores than those who didn't eat avocados.

Emerging research links glucosinolates (compounds found in cruciferous vegetables such as cabbage and Brussels sprouts) with reduced risk of chronic disease, such as type 2 diabetes.

ADD TO CART:
Avocados, broccoli, Brussels sprouts, cabbage, kiwi, leafy greens

BLUE BOOST

"Blue foods get their rich hues from anthocyanins, which fight free radicals and reduce inflammation," says Maggie Moon, RD. "This may have a role in preventing Alzheimer's disease."

A recent trial involving adults age 65 or older found consuming wild blueberries daily for six months improved cognition, specifically speed of processing. The results were most impressive for 75- to 80-year-olds.

Other research in older adults shows supplementation with Concord grape juice and wild blueberry juice may improve cognitive function, too.

ADD TO CART:
Blue corn, blueberries, Concord grapes

PURPLE PROTECTION

A purple color may be a sign that a fruit or vegetable provides resveratrol, a type of antioxidant that may help the heart. According to a 2021 review in the *International Journal of Molecular Sciences,* resveratrol may help delay the progression of plaque buildup in the arteries and improve blood pressure.

And anti-inflammatory resveratrol found in prunes (dried plums) may help our bones, too. "Studies have found that eating about five prunes daily is associated with better bone strength among postmenopausal women," Cassetty says.

ADD TO CART:
Eggplants, grapes, plums, prunes

10%

OF AMERICANS MEET THE DAILY INTAKE RECOMMENDATIONS FOR FRUITS AND VEGETABLES.

– CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

MAKE IT COUNT

WHAT COUNTS AS A 1-CUP EQUIVALENT?

↓

FRUITS

1 cup of fresh, frozen, or canned fruit (Choose canned fruit packed in water or 100% juice.)

½ cup of dried fruit

1 cup of 100% fruit juice (Avoid juices labeled "blend" or "concentrate," as these may contain added sugars.)

VEGETABLES

1 cup of raw, cooked, frozen, or canned vegetables (Look for canned vegetables labeled "low-sodium" or "no-salt-added.")

2 cups of raw leafy salad greens

1 cup of low-sodium 100% vegetable juice

SCAN THE CODE TO LEARN HOW TO FREEZE FRUITS & VEGETABLES TO PRESERVE THEIR FRESHNESS.

RANCH TO THE RESCUE

You say potato, we say add ranch. The zesty and herbaceous seasoning mix brings out the best in the humble spud. Enjoy these tater dishes as written or use our tips to customize for your dietary needs. BY CAITLYN DIIMIG, RD

CREAM CHEESE RANCH MASHED POTATOES *p. 80*

> *"I added some green onions and bacon. Delicious!"*
>
> **– SUNLOVINLADY**

PHOTOS: JACOB FOX; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: BREANNA GHAZALI

Smashed Buffalo Potato Salad

(pictured on p. 79)

HANDS-ON 20 MIN **TOTAL** 1 HR, 5 MIN
SERVES 10
SUBMITTED BY NICOLE MCLAUGHLIN

★★★★★ 3 REVIEWS

For the blue cheese averse, omit it in Step 5 and serve on the side for guests to sprinkle over individual servings.

- **3 Tbsp. olive oil**
- **3 lb. baby gold potatoes**
- **1 tsp. kosher salt**
- **½ tsp. black pepper**
- **½ tsp. garlic powder**
- **¾ cup sour cream**
- **½ cup mayonnaise**
- **1 (1-oz.) pkg. dry ranch seasoning**
- **1 bunch green onions, thinly sliced (about 1⅔ cups)**
- **10 slices bacon, crisp-cooked and crumbled (⅔ cup), plus more for garnish**
- **2 stalks celery, chopped (⅔ cup)**
- **½ cup crumbled blue cheese (2 oz.), plus more for garnish**
- **¼ cup cayenne pepper hot sauce (such as Frank's RedHot), or to taste**

1. Preheat oven to 425°F. Line a 10x15-inch rimmed baking sheet with foil; coat with 1 Tbsp. olive oil.

2. Put potatoes in a large pot; add enough salted water to cover potatoes by 2 inches. Bring to a boil over high heat; reduce heat to medium. Simmer, stirring occasionally, until tender, 12 to 15 minutes. Drain well and arrange in an even layer on prepared baking sheet.

3. Using the bottom of a sturdy glass, flatten potatoes to ¼- to ½-inch thickness, taking care not to break them fully apart. Drizzle with remaining 2 Tbsp. oil and sprinkle with salt, pepper, and garlic powder.

4. Roast potatoes, turning after 25 minutes, until crispy and browned, 30 to 35 minutes. Let cool slightly.

5. Meanwhile, for dressing, stir together sour cream, mayonnaise, and ranch seasoning in a large bowl. Stir in green onions, bacon, celery, and blue cheese.

6. Add roasted potatoes to bowl with dressing. Drizzle with hot sauce; gently toss until well coated. Garnish with additional bacon and blue cheese. Serve warm or chill, covered, until ready to serve (or up to 3 days).

HIDDEN GEM ***GLUTEN-FREE***

PER ⅔ CUP: 328 CAL; 21G FAT (6G SAT); 8G PRO; 25G CARB (0G FIBER, 2G SUGARS); 916MG SODIUM

→

REDUCE SAT FAT

Reduce mayonnaise and sour cream to ⅓ cup each and add ¾ cup plain low-fat Greek-style yogurt. If needed, add milk, 1 Tbsp. at a time, to reach desired consistency.

GO MEATLESS

Omit bacon.

SLASH THE SODIUM

Replace the ranch seasoning packet with No-Salt Ranch Seasoning (recipe, right).

> *"Absolutely great! I used garden-herb cream cheese. If your potatoes are too thick, add a little milk."*
>
> – BRONCOSFAN

Cream Cheese Ranch Mashed Potatoes

(pictured on p. 78)

HANDS-ON 10 MIN **TOTAL** 30 MIN
SERVES 8 **SUBMITTED BY** SARAH

★★★★½ 128 REVIEWS

- **3 lb. russet potatoes, peeled and cut into 2-inch pieces**
- **1 (8-oz.) pkg. cream cheese, softened**
- **1 cup sour cream**
- **½ cup butter, softened, plus a pat for serving**
- **1 (1-oz.) pkg. dry ranch seasoning**
- **Chopped fresh herbs, such as parsley, dill, and/or chives, for garnish**

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender, about 20 minutes. Drain; return to pot and mash.

2. Meanwhile, mix cream cheese, sour cream, butter, and ranch seasoning with an electric mixer at medium-low speed in a large bowl until smooth. Stir in mashed potatoes; beat just until desired consistency is reached (do not overmix).

3. To serve, top potatoes with pat of butter and garnish with fresh herbs. (Chill, covered, up to 5 days. To reheat, microwave on 70% power, stirring occasionally, until heated through, 2 to 5 minutes.)

QUICK ***VEGETARIAN*** ***GLUTEN-FREE***

PER 1 CUP: 394 CAL; 27G FAT (16G SAT); 5G PRO; 34G CARB (3G FIBER, 3G SUGARS); 461MG SODIUM

←

REDUCE SAT FAT

Replace sour cream with low-fat Greek-style yogurt. Use reduced-fat cream cheese in place of regular cream cheese.

SLASH THE SODIUM

Replace the ranch seasoning packet with No-Salt Ranch Seasoning (recipe, below).

ADD HEALTHY FATS

Replace half of the butter with olive oil.

No-Salt Ranch Seasoning

Stir together 2 Tbsp. **buttermilk powder,** 1 tsp. **dried parsley,** ½ tsp. each **dried chives** and **dried dill,** and ¼ tsp. each **garlic powder, onion powder,** and **black pepper.**

Loaded Chicken and Hash Brown Casserole

HANDS-ON 15 MIN **TOTAL** 1 HR, 20 MIN
SERVES 8 **SUBMITTED BY** GIOVANNA VAZQUEZ

★★★★☆ 16 REVIEWS

- **1 (10.5-oz.) can condensed cream of chicken soup**
- **1 cup sour cream, plus more for serving**
- **½ cup whole milk**
- **1 (1-oz.) pkg. dry ranch seasoning**
- **2 tsp. kosher salt**
- **1 tsp. cayenne pepper hot sauce (such as Frank's RedHot)**
- **1 tsp. black pepper, plus more for garnish**
- **1 tsp. paprika**
- **½ tsp. garlic powder**
- **1 (30-oz.) pkg. frozen shredded hash brown potatoes, thawed**
- **1½ cups chopped rotisserie chicken**
- **2 cups shredded sharp cheddar cheese (8 oz.)**
- **6 slices bacon, crisp-cooked and crumbled, plus more for garnish**
- **Chopped fresh green onion, for garnish**

1. Preheat oven to 350°F. Coat a 9x13-inch baking dish with cooking spray.

2. Stir together condensed soup, sour cream, milk, ranch seasoning, salt, hot sauce, black pepper, paprika, and garlic powder in a large bowl until combined. Stir in hash browns, chicken, 1 cup cheese, and the bacon.

3. Transfer mixture to prepared baking dish. Sprinkle evenly with remaining 1 cup cheese.

4. Bake, covered, until potatoes are tender, about 45 minutes. Uncover; bake until cheese is melted, about 10 minutes more. Let stand 10 minutes, then garnish with green onion and additional bacon and black pepper. Serve with additional sour cream.

HIDDEN GEM

PER 1 CUP: 391 CAL; 22G FAT (11G SAT); 21G PRO; 28G CARB (4G FIBER, 3G SUGARS); 1,272 MG SODIUM

SLASH THE SODIUM

Replace the ranch seasoning packet with No-Salt Ranch Seasoning (recipe, opposite).

ADD VEGETABLES

Serve casserole topped with quartered cherry tomatoes and fresh jalapeño slices.

CUT THE SAT FAT

Use reduced-fat dairy and soup products and reduce cheese to 1 cup.

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- 1 tbsp **Hidden Valley® Original Ranch® Seasoning, Dressing & Dip Mix Shaker**
- 5 tbsp olive oil
- 1 ¼ lbs Brussels sprouts, trimmed & halved
- 1 ¼ lbs carrots, peeled & cut into 1-inch chunks
- 6–8 bone-in, skin-on chicken thighs
- 2 cloves garlic, finely minced
- Kosher salt & fresh ground pepper, to taste

For safe meat preparation, reference the USDA website.

Scan to get the full recipe.

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at home

PHOTOS: JACOB FOX; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: BREANNA GHAZAILI

FAMILY: CURVE BALL *p. 84*
ALLRECIPETS *p. 86* **KEEPERS** *p. 88*

CURVE BALL

Simplify your family's weeknight dinner scramble with this sanity-saving spin on chicken piccata from home cook, mom, and star of many Allrecipes videos Nicole McLaughlin. BY NATALIE MECHEM

> *"I love how easy this is to prepare while also delivering the chicken piccata experience. It's a lot less messy than making the classic version."*
>
> – NICOLE MCLAUGHLIN

Chicken Piccata Meatballs

HANDS-ON 15 MIN **TOTAL** 30 MIN
SERVES 4
SUBMITTED BY NICOLE MCLAUGHLIN

★★★★★ 44 REVIEWS

If you like, replace the ground chicken with ground turkey. We doubled the sauce in Nicole's original recipe to make enough for serving with pasta.

- **1 cup seasoned fine dried bread crumbs**
- **3 shallots, minced (¾ cup)**
- **1 egg, lightly beaten**
- **¼ cup freshly grated Parmesan cheese**
- **¼ cup half-and-half**
- **1 Tbsp. capers, coarsely chopped, plus 2 Tbsp. whole capers**
- **3 Tbsp. minced fresh parsley, plus more for garnish**
- **¾ tsp. kosher salt**
- **½ tsp. black pepper**
- **¼ tsp. garlic powder**
- **1 lb. ground chicken**
- **3 Tbsp. olive oil**
- **½ cup dry white wine**
- **2¼ cups low-sodium chicken broth**
- **3 Tbsp. fresh lemon juice**
- **6 Tbsp. cold butter, cubed**
- **Angel hair pasta, for serving**

1. Stir together ⅓ cup bread crumbs, ¼ cup shallots, the egg, Parmesan, half-and-half, chopped capers, 1 Tbsp. parsley, the salt, pepper, and garlic powder in a large bowl. Add chicken and stir gently until combined.

2. Put remaining ⅔ cup bread crumbs in a shallow dish. Shape chicken mixture into 12 meatballs, rolling each in bread crumbs to lightly coat. (We used a #20 scoop.)

3. Heat oil in a very large, deep skillet over medium heat. Cook meatballs in hot oil, turning occasionally, until browned on all sides, about 5 minutes. Remove meatballs from skillet.

4. Add whole capers and remaining ½ cup shallot to skillet. Cook, stirring constantly, 1 minute. Add wine, then use a wooden spoon or spatula to scrape up any browned bits from bottom of skillet. Add broth; bring to a boil. Return meatballs to skillet. Reduce heat to medium and simmer, stirring occasionally, 6 to 7 minutes or until liquid is reduced by half and an instant-read thermometer inserted into center of meatballs registers 165°F.

5. Push meatballs to one side of pan and reduce heat to low. Whisk in lemon juice and butter, one piece at a time, stirring constantly, until butter is melted and sauce is slightly thickened. Stir in remaining 2 Tbsp. parsley. Remove from heat. Stir gently to coat meatballs in sauce. Serve immediately over pasta. Garnish with additional parsley.

QUICK

PER 3 MEATBALLS AND ⅓ CUP SAUCE: 637 CAL; 43G FAT (18G SAT); 30G PRO; 30G CARB (3G FIBER, 5G SUGARS); 1,129MG SODIUM

ROLL WITH IT ↓

Follow Nicole's tips for meatball (and mealtime) success.

LESS MESS

Keep a little bowl of water next to you when rolling meatballs. If you dip your hands in water prior to rolling, the mixture won't stick to your hands. This also keeps you from wasting any of the meatball mixture.

MAKE 'EM MINI

Roll these into smaller balls either for an appetizer portion or for easier eating for small children. Decrease the cook time if you do this.

MAKE AHEAD

The meatball mixture can be rolled and breaded ahead of time. Chill uncooked meatballs, covered, up to 2 days. Then on a busy weeknight all that's left is the cooking and sauce.

SERVE ALONGS

Try serving this over angel hair pasta or with mashed potatoes.

FOR MORE COOKING TIPS AND HACKS FROM NICOLE MCLAUGHLIN, FOLLOW @ALLRECIPES ON INSTAGRAM.

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SOCIAL CREATURES

Socialization is the process of teaching your pup that new things are safe and enjoyable—and it's the key to raising a calm and confident dog. Prepare to get your puppy out into the world with these tips. BY ELIZABETH FOGARTY

ABOUT THE EXPERT

Annie Valuska, PhD is a principal scientist on Purina's pet behavior team with more than 20 years of experience. Connect with her on Instagram (@annieknowsanimals).

START SMALL

Socialization can start with short and simple interactions. When you're petting your pup, spend some time gently handling their paws, mouth, and tail. Invite your furry friend to interact with different sights, sounds, and textures around the house. Gradually work your way up to new people, animals, and experiences outside your home, like car rides and trips to the park. "If you'd like for your dog to be comfortable there as an adult, you should try to give them good experiences there as a puppy," says Annie Valuska, PhD, a principal scientist for Purina.

LEARN YOUR PUPPY'S LANGUAGE

Before introducing something new, make sure you know how to gauge your puppy's comfort level. "Dog owners should familiarize themselves with canine body language so they can identify when their pet is having a good time versus when their pet is starting to experience some fear and anxiety," Valuska says. If you notice signs your pet is scared or stressed, stop right away and try again at a different time. If issues persist, ask your veterinarian for advice.

GET READY TO REINFORCE

When your puppy is calm and responding well to socialization, provide a valuable reward. Identify what makes your pet happiest, whether it's treats, petting, verbal praise, or a toy. Given at the right time, this reinforcement will create a positive association between the new experience and their favorite things. "Over time, this will generalize to a positive cognitive bias towards anything new [your dog] encounters later in life," Valuska says.

MEET MILO

This issue's featured pet is Milo, the adventurous road trip companion of Allrecipes social media editor Heather Oldenborg of Pewaukee, Wisconsin.

BY HEATHER OLDENBORG, AS TOLD TO ELIZABETH FOGARTY

I found Milo through a Facebook post. My mom and I hopped in the car to take a road trip up north to meet him. I held him in my arms and knew immediately that he was coming home with me.

Milo is incredibly smart and learned quickly. He was (and still is) very curious; everything looked like a toy to him, and he would be entertained by simple items like a water bottle for hours. Miniature Australian shepherds are herding dogs, so if there are multiple toys in the room, Milo will round them up and keep them together. He's particular about what he likes to eat and wants something different for each meal (his favorite is steak frites).

Wisconsin is our home base; however, Milo and I live and travel the country in a van. He is one of the most calm and supportive companions. Some of our best memories have been visiting new places together.

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KEEPERS

These old faves and hidden gems are worth adding to your recipe box. In this issue: recipes just right for Easter and Mother's Day celebrations and making weekday dinners feel special. BY CAITLYN DIIMIG, RD

TIP

Asparagus ends can be woody and inedible. Trim them off with a knife, or remove them by bending the lower part of the stalk; the ends will snap off where it's tough.

Roasted Asparagus with Balsamic Butter

HANDS-ON 5 MIN **TOTAL** 15 MIN
SERVES 4 **SUBMITTED BY** CAE

★★★★⯪ 1,664 REVIEWS

1	**lb. fresh asparagus, trimmed**
¼	**tsp. salt**
2	**Tbsp. butter**
1	**Tbsp. less-sodium soy sauce**
1	**tsp. balsamic vinegar**
⅛	**tsp. cracked black pepper**

1. Preheat oven to 400°F. Arrange asparagus on a 10x15-inch rimmed baking sheet. Coat asparagus with cooking spray and sprinkle with salt. Roast until tender, 10 to 12 minutes.

2. Meanwhile, melt butter in a small saucepan over medium heat. Remove from heat and stir in soy sauce and vinegar. (Sauce may appear separated.)

3. Pour sauce over roasted asparagus. Transfer to a serving dish. Sprinkle with pepper.

QUICK ***VEGETARIAN***

PER ABOUT 6 SPEARS: 68 CAL; 6G FAT (4G SAT); 2G PRO; 3G CARB (0G FIBER, 2G SUGARS); 334MG SODIUM

PHOTOS: JACOB FOX; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: BREANNA GHAZALI

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Crunchy Pecorino Baked Cod

HANDS-ON 15 MIN **TOTAL** 25 MIN
SERVES 4 **SUBMITTED BY** DIANA MOUTSOPOULOS

★★★★★ 72 REVIEWS

Replace deep-fried fish with fillets generously topped with cheesy bread crumbs for a healthier take on the pub food staple.

4	**(5- to 7-oz.) cod fillets**
¼	**tsp. black pepper**
½	**cup panko bread crumbs**
½	**cup grated Pecorino Romano cheese (2 oz.)**
2	**Tbsp. mayonnaise**
1	**Tbsp. butter, softened**
½	**tsp. dried oregano**
½	**tsp. dried thyme**
2	**dashes of Worcestershire sauce (optional)**
	Lemon wedges and/or tartar sauce, for serving

1. Arrange one oven rack in center of oven and another rack 6 inches from broiler. Preheat oven to 425°F. Line a 10x15-inch rimmed baking sheet with foil.

2. Pat fillets dry with paper towels. Sprinkle both sides with pepper and arrange on prepared baking sheet.

3. For topping, stir together panko, cheese, mayonnaise, butter, oregano, thyme, and (if using) Worcestershire sauce in a medium bowl. Spread topping evenly over fillets.

4. Bake on center rack 4 to 6 minutes per ½-inch thickness or until an instant-read thermometer inserted into thickest parts registers 145°F. Transfer baking sheet to top rack; broil until topping is crisped, about 1 minute. Serve with lemon wedges and/or tartar sauce.

HEALTHY ***QUICK***

PER 1 TOPPED FILLET: 265 CAL; 12G FAT (5G SAT); 28G PRO; 8G CARB (0G FIBER, 0G SUGARS); 399MG SODIUM

TIP

Any firm white fish will work in place of the cod. Try tilapia, halibut, flounder, or orange roughy.

Spinach Puff Pastry Rolls

HANDS-ON 20 MIN **TOTAL** 45 MIN
SERVES 24 **SUBMITTED BY** CASSANDRA

★★★★★ 18 REVIEWS

- **2 Tbsp. vegetable oil**
- **1 clove garlic, minced (1 tsp.)**
- **1 (10-oz.) pkg. frozen chopped spinach, thawed and drained (tip, below right)**
- **¼ tsp. salt**
- **1 (4-oz.) container crumbled feta cheese**
- **1 (17.3-oz.) pkg. puff pastry sheets, thawed (2 sheets)**
- **1 egg**
- **1 Tbsp. whole milk**
- **4 tsp. sesame seeds**

1. Preheat oven to 400°F. Line 2 (10x15-inch) rimmed baking sheets with parchment paper.
2. Heat oil in a large skillet over medium heat. Cook garlic, stirring frequently, until fragrant, about 1 minute. Stir in spinach and cook until heated through, 3 to 5 minutes. (Continue cooking if there is excess water, but mixture does not need to be completely dry.) Stir in salt. Transfer to a medium bowl; stir in feta until combined. Let cool 10 minutes.
3. Lay each puff pastry sheet on a lightly floured surface and halve lengthwise; use a rolling pin to roll each piece to a 6½x11-inch rectangle. Whisk together egg and milk in a small bowl.
4. Spread one-fourth (about ½ cup) of spinach mixture lengthwise in center of each piece of puff pastry. Roll one side over filling and brush other side with egg mixture. Roll over again to seal. Gently turn rolls so seams are on the bottom.
5. Brush tops of rolls with egg mixture and sprinkle with sesame seeds. Cut each roll into 6 equal-size rolls. Arrange cut rolls, seam sides down, on prepared baking sheets.
6. Bake until rolls are deep golden brown, about 25 minutes.

HIDDEN GEM ***HEALTHY*** ***VEGETARIAN***

PER 1 ROLL: 146 CAL; 12G FAT (2G SAT); 3G PRO; 10G CARB (1G FIBER, 0G SUGARS); 131MG SODIUM

TIP

Thaw spinach in a colander set over a shallow dish in the refrigerator overnight. No need to squeeze dry.

Bran-Flax Muffins

HANDS-ON 15 MIN **TOTAL** 50 MIN
SERVES 15 **SUBMITTED BY** JANE MASSEY

★★★★½ 490 REVIEWS

We generously filled our muffin cups with batter. If you like, fill cups two-thirds full and bake 20 minutes to get 24 muffins.

1½ cups flour
1 cup packed brown sugar
¾ cup flaxseed meal
¾ cup oat bran
2 tsp. cinnamon
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
¾ cup whole milk
2 eggs, lightly beaten
2 Tbsp. vegetable oil
1 tsp. vanilla extract
2 cups shredded peeled carrots (6 medium)
1 cup shredded peeled apple (1 large or 2 medium)
1 cup chopped mixed nuts
½ cup raisins
Cinnamon Drizzle (recipe, below left) (optional)

1. Preheat oven to 350°F. Grease 15 (2½-inch) muffin cups or line with paper liners (if you don't have 2 muffin pans, you can bake muffins in two batches).

2. Stir together flour, brown sugar, flaxseed meal, oat bran, cinnamon, baking soda, baking powder, and salt in a large bowl. Add milk, eggs, oil, and vanilla; stir just until combined. Stir in carrots, apple, nuts, and raisins. Fill prepared muffin cups with batter (about ⅓ cup each).

3. Bake until a toothpick inserted into center of a muffin comes out clean, about 25 minutes. Let cool in pan on a wire rack about 10 minutes. Remove muffins from pan; let cool completely on wire rack. Top with Cinnamon Drizzle (if using). (Store in an airtight container lined with paper towels at room temperature up to 5 days or freeze up to 3 months.)

PER 1 MUFFIN WITHOUT DRIZZLE: 258 CAL; 10G FAT (1G SAT); 6G PRO; 39G CARB (4G FIBER, 21G SUGARS); 327MG SODIUM

Cinnamon Drizzle

Whisk together 1 cup powdered sugar, 2 Tbsp. whole milk, ½ tsp. vanilla, and ⅛ tsp. cinnamon in a small bowl until smooth. Add more milk as needed, 1 tsp. at a time, to reach desired consistency. Drizzle over cooled muffins (glaze will soften during storage). Makes about ½ cup.

Ham-and-Swiss Quiche

HANDS-ON 15 MIN **TOTAL** 1 HR, 25 MIN
SERVES 8 **SUBMITTED BY** MORGIE

★★★★⯪ 406 REVIEWS

½	**(14.1-oz.) pkg. rolled refrigerated pie dough (1 crust)**
1½	**cups shredded Swiss cheese (6 oz.)**
4	**tsp. flour**
3	**eggs**
1	**cup whole milk**
¼	**tsp. salt**
¼	**tsp. mustard powder**
½	**cup diced cooked ham**

Cracked black pepper, chopped fresh parsley, and drained jarred diced pimientos, for garnish

1. Preheat oven to 450°F. Let dough stand at room temperature 15 minutes (avoid letting it stand longer or the fat may melt and cause the dough to shrink or pull away from the dish). Unroll and transfer to a 9-inch pie dish.

2. Trim dough to ½ inch beyond edge of pie dish. Fold extra dough under; crimp edges as desired. Prick bottom and sides of dough with a fork. Line with a double layer of foil.

3. Bake crust 8 minutes. Remove foil. Bake until golden, 6 to 8 minutes more. Remove from oven and reduce oven temperature to 325°F. (Crust should still be hot when filling is added; don't bake ahead of time.)

4. Meanwhile, toss together cheese and flour in a medium bowl. In another medium bowl, beat eggs, milk, salt, and mustard powder until smooth.

5. Sprinkle cheese mixture onto hot crust. Sprinkle ham over cheese mixture. Pour egg mixture over cheese and ham. Cover edges of crust with foil to prevent overbrowning.

6. Bake until edges of filling are puffed and a knife inserted into center comes out clean, 45 to 55 minutes. Let stand 10 minutes. Garnish with black pepper, parsley, and pimientos.

PER 1 SLICE: 269 CAL; 17G FAT (8G SAT); 12G PRO; 14G CARB (0G FIBER, 3G SUGARS); 337MG SODIUM

FOR A DIY PIE DOUGH, SCAN THE CODE.

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▶ **How-to Video** *on Allrecipes.com* 💎 **Hidden Gem** *A new or newer recipe with few reviews that deserves your attention* 🍎 **Healthy Pick**

⏱ **Quick** *30 minutes or less* 🥕 **Vegetarian** ⊘ **Gluten-Free** 🌿 **Vegan**

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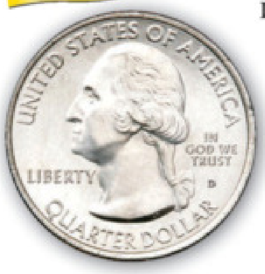

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RHUBARB REFRESHER

Sweet honey and fresh mint balance rhubarb's tart flavor notes in this sparkling big-batch sipper.

BY NATALIE MECHEM

MOCKTAIL

For a nonalcoholic version, omit vodka and increase club soda to 4 cups.

TIP

For 1 drink, fill a cocktail shaker half-full with **ice.** Add 1½ oz. strong brewed **green tea,** 1½ oz. **vodka,** ¾ oz. **Honey-Rhubarb Syrup,** and ¾ oz. **fresh lime juice.** Cover and shake until very cold, about 30 seconds. Strain into an ice-filled glass. Top with 1½ oz. chilled **club soda.** Place a sprig of **fresh mint** on your hand and clap it firmly to express oils. Add mint to glass.

Green Tea and Honey-Rhubarb Punch

HANDS-ON 10 MIN **TOTAL** 2 HR
SERVES 10 **SUBMITTED BY** JULIANA HALE
NEW RECIPE GO ONLINE TO RATE & REVIEW

- **2 cups water**
- **4 bags green tea or 2 Tbsp. loose green tea**
- **1 bunch fresh mint (about 1 cup), plus more for garnish**
- **2 cups vodka**
- **Honey-Rhubarb Syrup (recipe, below)**
- **1 cup lime juice (8 medium limes)**
- **2 cups club soda, chilled**
- **Ice**
- **Rhubarb stalks, for garnish**

1. For tea, bring water to a boil in a medium saucepan. Remove from heat and add tea bags. Steep, covered, 5 minutes. Remove tea bags (or strain to remove loose tea). Let tea cool completely.

2. Muddle mint in a large pitcher. Add cooled tea, vodka, Honey-Rhubarb Syrup, and lime juice. Chill at least 30 minutes (or up to 12 hours).

3. Add club soda to pitcher and stir gently. Serve over ice and garnish with fresh mint and rhubarb stalks.

HIDDEN GEM **GLUTEN-FREE**

PER 6 OZ.: 176 CAL; 0G FAT; 0G PRO; 21G CARB (0G FIBER, 19G SUGARS); 12MG SODIUM

Honey-Rhubarb Syrup

Stir together 2⅔ cups chopped **fresh rhubarb,** ⅔ cup each **honey** and **water,** and 1 Tbsp. grated **fresh ginger** in a small saucepan. Bring to a boil. Reduce heat to low and simmer, covered, 15 minutes. Remove from heat. Let cool completely, about 1 hour. Strain through a fine-mesh sieve into an airtight container or jar; discard solids. (Chill syrup up to 1 week.) Makes 1 cup (8 oz.).

PHOTO: KELSEY HANSEN; FOOD STYLING: ANNIE PROBST; PROP STYLING: LEXI JUHL

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Sugar Free Vanilla Frappe
Add 1 cup of vanilla ice cream, ¼ cup of brewed coffee or espresso, 3 Tbsp. of milk, 2 Tbsp. of Torani Sugar Free French Vanilla Syrup and optional ice to a blender. Blend until smooth and garnish with sugar free whipped cream.

Strawberry Vanilla Cream Energy Drink
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